

Healthy Gut Healthy Bones Grocery List



An **item-by-item grocery list** to help make meal preparations super easy! By stocking up on these go-to items you'll be able to whip up dishes in a jiffy. Just put it on your cellphone for easy access when you're at the supermarket.

You typically can't go wrong with **fresh organic** meats, fruits and vegetables but organic is best. As you shop or if you're looking to swap out some of your bottle, can, bag or box items look for the USDA Organic seal, this certifies that the food product has met the USDA's organic guidelines. Also check the ingredients list, it should be short and easy to read. If the product has a long list of unrecognizable items then it's not even close to being real food. Focus on eating fresh organic foods as part of this program and you'll be losing weight in no time.

Meat & Proteins

- Eggs
- Bacon
- Sausages (Andouille, Chicken Apple, Italian, Chorizo, etc.)
- Black Beans (unless following AIP Diet)
- Ground Beef or Turkey
- Salmon
- Plant Based Protein Powder; Hemp/Pea/Rice/Mixed
- Chicken Thighs (Bone in or Boneless/Skinless)
- Chicken Drumsticks (bone in or boneless/skinless)
- Shrimp
- Tuna (Canned or fresh)
- Steak (any kind)
- Chicken breast (skin or skinless)
- Tilapia or halibut
- Mahi Mahi

Vegetables

- Spinach
- Shallots
- Asparagus
- Zucchini
- Carrots
- Onions; Red, Yellow, Sweet and/or White
- Bell Peppers; Green/Red/Yellow/Orange (unless following AIP Diet)
- Sweet Potatoes and/or Yams
- Artichoke Hearts (Can or Jar, Marinated)
- Tomatoes (Sundried or Fresh) (unless following AIP Diet)
- Lettuce; Green/Red Leaf, Romaine, Butter, Mixed Greens
- Celery
- Corn (frozen or fresh)
- Green onions
- Brussels Sprouts
- Squash (any variety)
- Mushrooms
- Broccoli
- Cauliflower
- Peas (Fresh or Frozen, Snap or Green or Snow)
- Kale (any kind)
- Cabbage
- Beets
- Fingerling potatoes (unless following API Diet)

Fruits

- Mangos (Frozen or Fresh)
- Bananas
- Passion Fruit
- Pomegranates
- Kiwi
- Pineapple (Frozen or Fresh)
- Lemons
- Limes
- Avocado
- Apples
- Berries: Strawberries/Blackberries
Raspberry/Blueberry
- Olives

Healthy Fats/Oils

- Olive Oil
- Coconut Oil
- Peanut butter or other nut butters
- Nuts: Almonds, cashews, almonds, pecans, macadamias, etc.
- Truffle oil

Gluten-Free Grains (Unless following API diet)

- Quinoa
- Almond Flour
- Coconut Flour
- Corn tortillas
- Oatmeal/Oats
- Tapioca Flour
- Arrowroot Flour
- Corn Chips

Dairy Alternatives

- Full-fat Coconut Milk
- Almond Milk (plain) (unless on API diet)
- Ghee

Spices, Seasonings & Sweeteners

- | | |
|--|--|
| <input type="checkbox"/> Sea Salt | <input type="checkbox"/> Curry Powder |
| <input type="checkbox"/> Ground Black Pepper | <input type="checkbox"/> Oregano |
| <input type="checkbox"/> Vanilla Extract | <input type="checkbox"/> Thyme |
| <input type="checkbox"/> Honey | <input type="checkbox"/> Gluten-free Soy Sauce or Tamari |
| <input type="checkbox"/> Coconut Flakes | <input type="checkbox"/> Apple Cider Vinegar |
| <input type="checkbox"/> Cayenne Pepper | <input type="checkbox"/> Gluten-free Sriracha |
| <input type="checkbox"/> Cilantro | <input type="checkbox"/> Ground Ginger |
| <input type="checkbox"/> Salsa | <input type="checkbox"/> Red Pepper Flakes |
| <input type="checkbox"/> Chili Powder | <input type="checkbox"/> Sage |
| <input type="checkbox"/> Fajita or Taco Seasoning | <input type="checkbox"/> Rosemary |
| <input type="checkbox"/> Dijon Mustard | <input type="checkbox"/> Cinnamon |
| <input type="checkbox"/> Broth (Bone/Chicken/Beef/Vegetable) | <input type="checkbox"/> Basil |
| <input type="checkbox"/> Garlic Powder | <input type="checkbox"/> Paprika |
| <input type="checkbox"/> Onion Powder | <input type="checkbox"/> Baking Powder |
| <input type="checkbox"/> Raw Garlic | <input type="checkbox"/> 75% Dark Chocolate (or higher) |