



Phase I Liberal Grocery List

Protein	Vegetables	Fruit	Fats
All Cuts Anchovy Beef Bison Buffalo Caviar Chicken** Crab Crawfish Duck Eggs Elk Flounder Goose Halibut Lamb Liver Lobster Mahi Pheasant Pork Quail Salmon Sardine Sole Trout Tuna Turkey Venison All Offal Meats Liver, Heart, Kidney **High in Omega 6 Inflammatory	Asparagus Arugula Artichoke/hearts Avocado (fruit) Bamboo Shoots Beet Greens Bok Choy Broccoli Broccolini Brussels Sprouts Butternut Squash Cabbage Carrots Cauliflower Celery Celery Root Chard Chives Cucumber Collard Greens Baby Greens Daikon Eggplant Endive Fennel Root Garlic Green Beans Jicama Kale Leeks Lettuce-All but iceberg Mushrooms-All Okra Onion Peppers-Sweet & Hot Pickles Pumpkin Spinach Sprouts Tomatoes Zucchini	Lemon Lime Blueberries Blackberries Raspberries Strawberries Loganberries <b style="color: magenta;">Dairy-Full Fat Heavy Whipping Cream Yogurt Greek Yogurt Cream Cheese All Hard Cheeses Artisan Cheeses Cottage Cheese Feta Blue, Brie, etc. Kefir Sour Cream <b style="color: blue;">Nuts-Raw Brazil Almonds Macadamia Walnuts** Pecans** Almond Butter Macadamia Nut Butter <b style="color: green;">Condiments Mustard Mayonnaise Tamari Sauce Apple Cider Vinegar (Braggs Raw) Tapenades Relish ^no sugar or corn syrups	Butter Olive Oil Lard Tallow Coconut Oil Macadamia Oil Avocado Oil Rice Bran Oil** Walnut Oil** <b style="color: magenta;">Miscellaneous Coconut Flakes Coconut Milk Coconut Butter Almond Milk Hemp Milk Chia Seeds Hemp Seeds Flax Seeds Bones for Broth Nutritional Yeast Whey Protein Powder Sweetened w/stevia Herb Tea Black Tea White Tea Green Tea Water Stevia Erythritol Xylitol Truvia Pure Via