



## Phase II Grocery List

*\*Note bold/Italic foods are best saved for maintenance stages*

Protein	Vegetables	Fruit	Fats
<b>All Cuts</b> 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  <b>Grains</b> <b>Amaranth</b> <b>Buckwheat</b> <b>Brown/Wild Rice</b> <b>Millet</b> <b>Popcorn</b> <b>Steel Cut Oats</b> <b>Quinoa</b>  *Non-gluten grains are safest! <b>Breads</b> <b>Ezekiel Sprouted</b> <b>Rye-Dark &amp; Light</b>	Asparagus Arugula Artichoke/hearts Avocado (fruit) Bamboo Shoots Beet Greens Beets Bok Choy Broccoli Broccolini Brussels Sprouts Butternut Squash Cabbage-All 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 Mushrooms-All Okra Onions-All Peppers-All Pickles Pumpkin Radish Rhubarb Rutabaga Snap Peas Spinach Sprouts Summer Squash Sweet potatoes Turnips	All Berries Apples <b>Apricot</b> <b>Banana</b> <b>Cantalope</b> <b>Cherry</b> <b>Fig</b> <b>Goji Berry</b> <b>Grapes</b> Grapefruit <b>Honeydew</b> Kiwi Lemon Lime <b>Mango</b> <b>Orange</b> <b>Papaya</b> <b>Pears</b> <b>Pineapple</b> Pomegranate <b>Tangerine</b> <b>Watermelon</b>  <b>Dairy-Full Fat</b> Heavy Whipping Cream Half & Half Yogurt Greek Yogurt Cream Cheese All Hard Cheeses Artisan Cheeses Cottage Cheese Feta Blue, Brie, etc. Kefir Sour Cream  <b>Nuts-Seeds Raw</b> Almonds Brazil <b>Cashews</b> Macadamia Walnuts Pecans Pine Nuts	Butter Lard Tallow Coconut Oil Macadamia Oil Avocado Oil Rice Bran Oil Walnut Oil  <b>Miscellaneous</b> Coconut Flakes Coconut Milk Coconut Butter Almond Milk Hemp Milk Herbs & Spices Cacao Cacao Nibs 85% Chocolate Chia Seeds Flax Seeds Hemp 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  <b>Condiments</b> *Mustard Mayonnaise Tamari Sauce Apple Cider Vinegar (Braggs Raw) *Tapenades *Relish

<p><b>Sourdough w/Starter Spelt Pumpernickel Low Carb Tortilla Low Carb Pitas</b></p> <p><i>Use the spaces below for your <u>additions!</u></i></p>	<p>Tomatoes Yam Zucchini</p> <p><b>Alcohol</b> Dry Wines Clear Spirits <b>Low Carb Beers</b> <b>Michelob Ultra is the lowest</b></p>	<p>Pumpkin Seeds Sesame Seeds Sunflower Seeds Almond Butter <b>Cashew Butter</b> Macadamia Nut Butter <b>Peanut Butter</b></p> <p><b>Legumes</b> Azuki Black Beans Black Eyed Peas Fava Beans Kidney Beans Lentils White Northern Garbanzo/Chick Lima Beans</p>	<p>Worcestershire sauce <b>*no sugar or corn syrups</b></p> <p><b>Chicken, Walnuts, Walnut Oil, Peanut Butter all contain high amounts of omega 6 fatty acids.</b></p>
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