

Holistify Me Whole Foods Cheat Sheet

Eat to nourish. Eat to thrive. Eat real.

Vegetables

- Spinach, kale, Swiss chard, arugula
- Broccoli, cauliflower, Brussels sprouts
- Sweet potatoes, carrots, beets
- Zucchini, squash, eggplant
- Bell peppers, onions, garlic, tomatoes

Fruits

- Apples, pears, bananas, oranges
- Berries: blueberries, raspberries, strawberries
- Grapes, mangoes, pineapple, kiwi
- Avocados
- Dates, figs, prunes (in moderation)

Whole Grains & Root Starches

- Quinoa, brown rice, wild rice, millet
- Steel-cut oats, old-fashioned oats
- Barley, farro, bulgur
- Whole grain bread (sprouted/sourdough)
- Potatoes, sweet potatoes, yuca, plantain

Legumes, Nuts & Seeds

- Lentils, chickpeas, black beans, kidney beans
- Almonds, walnuts, cashews, pecans
- Chia, flax, hemp, pumpkin seeds
- Natural nut butters (no sugar/oil added)

Animal-Based Whole Foods

- Grass-fed beef, lamb, bison, pasture-raised poultry
- Wild-caught salmon, sardines, mackerel, cod
- Pasture-raised or organic eggs
- Plain Greek yogurt, kefir, aged cheeses, grass-fed butter
- Organ meats: liver, heart (optional but nutrient-dense)

Healthy Fats

- Extra virgin olive oil, avocado oil, coconut oil
- Ghee (from grass-fed cows)
- Avocados, nuts, seeds
- Fatty fish like salmon or sardines

Natural Seasonings & Extras

- Fresh/dried herbs: basil, thyme, rosemary, parsley
- Spices: turmeric, cinnamon, cumin, ginger
- Sea salt, pink Himalayan salt
- Apple cider vinegar, balsamic vinegar, lemon juice
- Raw honey, maple syrup (used sparingly)

Holistify Me Tip:

Whole foods don't come with a barcode. If it looks like it came from the earth or a pasture, it belongs on your plate. Keep it real, keep it simple, keep it whole.