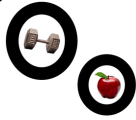


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# GROCERY SHOPPING GUIDANCE

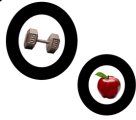
## MEAT, POULTRY, & SEAFOOD

- Beef
  - Bison
  - Chicken
  - Duck
  - Eggs
  - Lamb
  - Turkey
  - Quail
  - Venison and other wild game
  - Anchovies, herring, mackerel, and sardines
  - Cod
  - Crab
  - Flounder
  - Grouper
  - Halibut
  - Mahi Mahi
  - Red snapper
  - Salmon
  - Scallops
  - Trout
  - Tuna
  - Walleye
- \*\*AVOID items canned in oil*

***Aim for organic, grass-fed, pasture-raised, and/or wild caught (opt for very lean cuts if these options are unavailable)***

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# GROCERY SHOPPING GUIDANCE

## DAIRY

- Goat cheese
- Grass-fed cheese
- Kefir (plain)
- Plain Greek yogurt, nonfat or full fat
- Sheep cheese

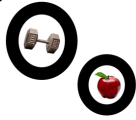
## NUTS & SEEDS

- Almonds
  - Brazil nuts
  - Coconut flakes, unsweetened
  - Flax seeds
  - Hemp seeds
  - Hazelnuts
  - Macadamia
  - Pecans
  - Pine nuts
  - Pistachios
  - Pumpkin seeds
  - Sesame seeds
  - Sunflower seeds
  - Walnuts
  - Nut and seed butters (no sugar added)
- \*\*Opt for raw nuts & seeds, AVOID mixes with canola or peanut oil*

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# GROCERY SHOPPING GUIDANCE

## NONSTARCHY VEGETABLES

- Artichoke
- Arugula
- Asparagus
- Beet greens
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage
- Carrot
- Celery
- Cucumber
- Eggplant
- Fennel
- Garlic
- Green beans
- Jerusalem artichoke/sunchoke
- Kale
- Leafy greens
- Mushroom
- Okra
- Onion
- Peppers
- Radish
- Romaine lettuce
- Sea vegetables
- Spaghetti squash
- Sprouts
- Sugar snap peas
- Tomato
- Turnip greens
- Watercress
- Zucchini

***Fresh or frozen varieties; AVOID frozen options with sauce***

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# GROCERY SHOPPING GUIDANCE

## STARCHY VEGETABLES & FRUIT

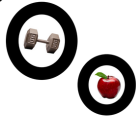
- Acorn squash
- Beets
- Butternut squash
- Parsnip
- Plantain
- Potato
- Pumpkin
- Sweet potato
- Apple
- Apricot
- Banana
- Berries, all kinds
- Cherries
- Figs
- Grapefruit
- Lemon and lime
- Mango
- Melons
- Nectarine
- Orange
- Papaya
- Peach
- Pear
- Pineapple
- Plums
- Pomegranate
- Rhubarb

***Fresh or frozen varieties; AVOID frozen options with sauce.***

***AVOID canned and dried fruit, AVOID juice***

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# GROCERY SHOPPING GUIDANCE

## OILS & FATS

- Almond oil
- Avocado oil
- Butter (grass-fed)
- Coconut oil
- Coconut milk, canned
- Ghee
- Olives
- Olive oil

- Sesame oil
- Toasted sesame oil
- Walnut oil

*\*\*Opt for organic in glass. AVOID canola, peanut, and vegetable oils as well as margarine*

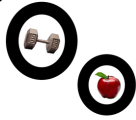
## SWEETENERS

- Cacao, beans or nibs
- Dark chocolate (85% or greater)
- Pure maple syrup, grade B
- Raw local honey

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# GROCERY SHOPPING GUIDANCE

## HERBS & SPICES

- Anise
- Basil
- Black pepper
- Cayenne pepper
- Chili pepper
- Cilantro
- Cinnamon
- Cloves
- Cumin
- Dill
- Fennel
- Garlic
- Ginger
- Herbs de Provence
- Italian seasoning
- Mint
- Mustard  
powder/mustard  
seeds
- Nutmeg
- Oregano
- Paprika/smoked  
paprika
- Parsley
- Pumpkin pie spice
- Rosemary
- Sage
- Tarragon
- Thyme
- Turmeric

***Check out the bulk spice section at your local market***

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# GROCERY SHOPPING GUIDANCE

## CONDIMENTS

- Apple cider vinegar with "the mother"
- Coconut aminos
- Cacao powder
- Extracts (vanilla, almond, etc.)
- Guacamole
- Hummus
- Mustard
- Mayo (avocado oil based)
- Salsa
- Salt (pink Himalayan or sea salt)
- Tahini
- Tomato paste
- Vinegar, all kinds (no added sugar or caramel coloring)

## BEVERAGES

- Milk alternatives, unsweetened
- Coconut or water kefir
- Coffee (organic fair-trade)
- Green tea (organic)
- Herbal tea
- Kombucha
- Raw vegetable juice
- Sparkling water

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