

## WHAT TO GET

### \*Proteins:

Chicken  
Wild Caught Fish/Seafood (Cod, Salmon, Tuna, Sardines,  
Atlantic Mackerel)  
Lean Grass Fed and Finished Beef  
Eggs  
Beans

### \*Grains:

Quinoa  
Whole Rye  
Whole Grains  
Sprouted Multigrain Bread  
Genesis 1:29 Sprouted Grain and Seed Bread  
Ezekiel 4:9 100% Sprouted Whole Grain Bread  
Oroweat Whole Grains 100% Whole Wheat Bread  
Brown Rice  
Oats  
Barley  
Millet  
Buckwheat (Gluten-Free)  
Lentils  
Farro

### \*Vegetables:

Avocado  
Sweet Potato  
Cauliflower  
Broccoli  
Brussel Sprouts  
Kale  
Cabbage  
Cucumbers  
Mushrooms  
Eggplant  
Squash  
Bell Pepper  
Okra  
Green Beans  
Carrots  
Zucchini  
Tomatoes  
Onions  
Spinach  
Peas  
Asparagus  
Garlic  
Celery

### \*Healthy Fats:

Cold Pressed, Unrefined Oils  
Coconut Oil  
Grapeseed Oil  
Olive Oil  
Flaxseed Oil  
Palm Oil  
Macadamia Nut Oil  
Avocado Oil  
Nut Butters  
Peanut Butter  
Almond Butter  
Avocados  
Organic Unsalted Butter  
Fish Oils  
Chia Seeds  
Nuts  
Peanuts  
Almonds  
Walnuts  
Cashews  
Pistachios

## FOODS TO AVOID WHEN TRYING TO LOSE WEIGHT

Processed Foods  
Refined Sugars (incl. Regular and Diet sodas)  
Corn Syrup  
Hydrogenated Oils  
Alcohol  
Canned Fruits with Added Sugar  
White Flour  
Artificial Sweeteners  
Fried Foods  
Snack Food Aisle  
Yogurt

## WHERE TO SHOP

Sprouts  
Whole Foods  
Trader Joe's  
Albertson's  
Target  
Kroger

## TRICKS TO EAT YOUR VEGETABLES:

Dip them in hummus.  
Make a veggie soup flavored with broth.  
Add them to shakes.  
Roast or Bake them in the oven with seasoning.  
Make veggie chips.