

# FRUIT & VEGGIES SHOPPING LIST

NAME .....

DATE .....

These are just some suggestions, sorted by color. Feel free to add other fruits and vegetables that you enjoy.

## Purple & blue

- ☐ Eggplant
- ☐ Purple carrots
- ☐ Purple peppers
- ☐ Purple cauliflower
- ☐ Purple asparagus
- ☐ Purple cabbage
- ☐ Purple kale
- ☐ Black cherries
- ☐ Black currants (fresh)
- ☐ Black grapes
- ☐ Black/purple plums
- ☐ Blueberries, blackberries, haskap berries

## Orange & yellow

- ☐ Winter squash varieties
- ☐ Yellow zucchini & summer squash
- ☐ Pumpkin
- ☐ Orange & yellow peppers
- ☐ Orange & yellow carrots
- ☐ Orange cauliflower
- ☐ Yellow-orange beets
- ☐ Apricots, peaches, nectarines
- ☐ Cantaloupe
- ☐ Mangoes
- ☐ Oranges
- ☐ Papayas
- ☐ Pineapple

## Red & pink

- ☐ Beets
- ☐ Red cabbage
- ☐ Red onions
- ☐ Red leaf lettuce, radicchio
- ☐ Red peppers
- ☐ Red-skinned radishes
- ☐ Tomatoes
- ☐ Rhubarb
- ☐ Berries such as raspberries, salmonberries, cranberries or lingonberries
- ☐ Cherries
- ☐ Pink dragonfruit
- ☐ Pomegranates
- ☐ Red grapefruit
- ☐ Red grapes
- ☐ Red-skinned apples
- ☐ Strawberries
- ☐ Watermelon

## Green

- ☐ Beet greens (the tops of beets)
- ☐ Broccoli, broccolini, rapini
- ☐ Brussels sprouts
- ☐ Fresh herbs (e.g. parsley, basil)
- ☐ Green beans, snap peas
- ☐ Kale
- ☐ Okra
- ☐ Spinach
- ☐ Any other dark leafy green (e.g. turnip greens, collard greens, Swiss chard, arugula)
- ☐ Tomatillos
- ☐ Zucchini, cucumber (if you eat the peel)
- ☐ Romaine lettuce
- ☐ Green peppers
- ☐ Asparagus
- ☐ Cabbage
- ☐ Kiwis

## White

- ☐ Bean sprouts
- ☐ Cauliflower
- ☐ Celery
- ☐ Daikon radish
- ☐ Fennel/anise
- ☐ Garlic
- ☐ Jicama
- ☐ Mushrooms
- ☐ Onions, leeks, shallots
- ☐ Iceberg lettuce
- ☐ White carrots
- ☐ Bananas

# HEALTHY CARBS SHOPPING LIST

NAME .....

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**Here are some suggestions for foods that are good sources of healthy carbs.**

As with all our suggestions, think of it like a buffet: Take what you like, and leave the rest.

## Whole grains

- ☐ Whole, intact grains such as brown or wild rice, amaranth, barley, buckwheat, millet, oat groats, quinoa, teff, wheat berries
- ☐ Whole or sprouted grain flour foods: breads, bagels, English muffins, pastas, and wraps\*
- ☐ Steel-cut or old-fashioned oats
- ☐ Corn

## Beans and legumes

- ☐ Beans (all)
- ☐ Lentils
- ☐ Peas

## Dairy

- ☐ Kefir, plain
- ☐ non-Greek yogurt, plain

## Starchy tubers

- ☐ Potatoes (all colors)
- ☐ Sweet potatoes (all colors)
- ☐ Taro
- ☐ Yuca

## Fruits\*\*

- ☐ Fresh fruit
- ☐ Frozen fruit
- ☐ Dried fruit, unsweetened

\*Whole grains foods made from flour can affect blood sugar differently in different individuals. If flour-based grains seem to negatively affect you, consider whole, intact grain foods.

\*\*In the case of fruits, it might take some work to know how long a particular fruit “stays with you”. Some folks find that fruit will hold them for a while; others find that starchier carbohydrates work better than sweeter ones (or that particularly sweet fruits, such as tropical or dried fruits, seem to spike their blood sugar).

# HEALTHY FATS SHOPPING LIST

NAME .....

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**Here are some suggestions for foods that are good sources of healthy fats.**

As with all our suggestions, think of it like a buffet: Take what you like, and leave the rest.

## Plant-based

- ☐ Avocado and avocado oil
- ☐ Cacao (dark chocolate)
- ☐ Cold-pressed nut and seed oils
- ☐ Fresh coconut and coconut oil
- ☐ Nuts and seeds
- ☐ Nut and seed butters
- ☐ Olives and extra virgin olive oil

## Supplement

- ☐ Omega-3 fatty acid supplement  
(e.g., fish oil, krill oil, or algae oil)

## Animal-based

- ☐ Aged cheese\*
- ☐ Butter\*
- ☐ Cream\*
- ☐ Higher-fat dairy\*
- ☐ Egg yolks\*

## Higher-fat animal proteins<sup>+</sup>

- ☐ Fattier cuts of beef and pork\*
- ☐ Fattier cuts of lamb and mutton\*
- ☐ Fattier cuts of poultry (e.g., dark meat)\* ☐
- Fattier fish (e.g., salmon or herring)\*\*

\* The fat quality will be best if these are grass-fed and/or pastured (depending on the type of animal), rather than conventionally farmed.

\*\*The fat quality will be best if these are wild-caught, rather than conventionally farmed.

<sup>+</sup>These are protein-rich foods that are also relatively rich in fats, but as hand portions only count as proteins.

# HEALTHY PROTEINS SHOPPING LIST

NAME .....

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## This is an extensive list of high-protein foods.

You might notice there are protein sources you've never even heard of or thought of... maybe some that make you say "Yuck!" Cuisines and tastes can differ dramatically.

For instance:

- Someone who lives in California might think toasted grasshoppers (*chapulines*) are icky; and someone else who lives a few hundred miles south in Mexico might think they're delicious.
- Puffin is commonly eaten in Iceland (along with whale, as in other Arctic regions), while pigeon often appears on menus in China.
- Frogs and snails are part of French cuisine; horse is common in Italy; alligator, crayfish, and rattlesnake can be found in the southern United States.

As with all our suggestions, think of it like a buffet: Take what you like, and leave the rest.

## Notice that these are relatively lean protein sources.

So, bacon and pork skins didn't make the list. These, and foods like them, are higher in fat than protein.

## Animal-based

- ☐ Beef, bison, and buffalo
- ☐ Lean cuts of pork and boar
- ☐ Lamb
- ☐ Goat
- ☐ Wild game, such as elk, venison, caribou, moose
- ☐ Poultry such as chicken, turkey, duck, pigeon
- ☐ Fish
- ☐ Seafood such as shrimp, squid, octopus, lobster, crayfish

- ☐ Mollusks such as clams, mussels, scallops, snails (escargots)
- ☐ Eggs and egg whites
- ☐ Dairy such as cottage cheese or strained Greek yogurt
- ☐ Rodents such as rabbit, squirrel, beaver, guinea pig
- ☐ Horse
- ☐ Reptiles and amphibians such as snake, alligator / crocodile, frog
- ☐ Insects
- ☐ Whale (non-fatty tissue)
- ☐ Seal (non-fatty tissue)

## Plant-based

- ☐ Beans, lentils, and legumes
- ☐ Tempeh, tofu, or edamame
- ☐ Seitan

## Supplement

- ☐ Protein powder such as whey, casein, egg, bone broth / collagen, cricket, plant-based blends (e.g., pea protein, rice protein, hemp protein)