

THE CHIROPRACTIC wellnessconnection

Eat to Live 'Good Food' Shopping List

<p><u>Fruits: (Carb) fresh/frozen</u></p> <p>Apples Apricots Banana Blackberries Blueberries Cantaloupe Cherries Grapes Grapefruit Honeydew Melon Kiwis Lemon</p> <p>Mango Nectarines Oranges Papaya Peaches Pears Plums Raspberries Strawberries Tangerines Tomatoes Watermelon</p>	<p><u>Protein Foods:</u></p> <p>Free Range: Chicken, Grass Fed Beef Turkey or Cornish Hen Bison Pork Tenderloin Venison</p> <p>Wild Caught Fish: Nitrate free sausage, lunch meat or uncured bacon Salmon, Halibut, Tuna, Mahi, Orange Roughy, Cod, Tilapia, Trout, Sea Bass, Snapper, Shrimp, Scallops, Crab, Lobster Free Range Eggs Potato or Hemp Protein Nitrate Free Lunch Meat</p>	<p><u>Vegetables: fresh/frozen</u></p> <p>Artichoke Arugula Asparagus Bean Sprouts Beets Broccoli Brussels Sprouts Tomatoes Cabbage Carrots Cauliflower Celery Collard Green Cucumber</p> <p>Eggplant Fennel Green Beans Kale Lettuce Mushrooms Onions Peas Parsnips Peppers Radishes Sugar snap peas Snow Peas Spinach Sprouts Squash</p>
<p><u>Starches: (Carb)</u></p> <p>Sweet Potatoes Butternut squash Spaghetti Squash Acorn Squash Coconut Milk Yogurt Coconut Milk Ice Cream Plantains Coconut Flour Almond Meal</p>	<p><u>Both Carb & Protein</u></p> <p>Raw Nuts: Brazil nuts Walnuts Pumpkin seeds Hazelnuts Sunflower Seeds Cashews Chia Seeds Sun Butter Walnuts Almonds <i>You may eat the raw nuts or use the raw nut butters</i> Hazelnuts Macadamia Pecans Pistachios</p>	<p><u>Oil/Fat:</u></p> <p>Avocado Ghee (clarified butter) Raw Coconut Oil Extra Virgin Olive Oil Sesame Oil Walnut Oil Olives Coconut flakes, unsweetened</p>

Dairy Replacements: Coconut Milk, Coconut milk Yogurt/, Coconut milk no sugar added ice Cream, Hemp Milk, Almond Milk

Salad Dressing Brand Recommendation: Bragg's , Vinegar: apple cider, balsamic, red wine, rice or white; Lemon Juice,

Cooking/Baking: Coconut amino's (as a soy sauce replacment)., arrowroot (thickening agent) , baking soda, Raw cocoa powder, gelatin, palm shortening, sea salt, dried spices and herbs. (Enjoy life vegan chocolate chips)

Sweeteners: Stevia; Raw Honey, Raw organic agave nectar, coconut palm sugar, Coconut Nectar, real maple syrup