

SHOPPING LIST/FOOD CHOICES FOR KIDS

FRUITS: (CARB)

Apples
Apricots
Blackberries
Blueberries
Cherries
Grapes
Grapefruit
Honeydew Melon
Kiwis
Nectarines
Oranges
Peaches
Pears
Plums
Raspberries
Strawberries
Watermelon
Banana
Organic yogurt
Organic Applesauce
Smooshed fruit roll ups

VEGETABLES:

Artichoke
Arugula
Asparagus
Bean Sprouts
Beets
Broccoli
Brussel Sprouts
Tomatoes
Cabbage
Carrots
Cauliflower
Celery
Collard greens
Cucumber
Kale
Green Beans, Peas, Peppers
Lettuce: red leaf , radicchio, romaine
Snow Peas, Sprouts
Squash, Zucchini
Spinach
Eggplant

PROTEIN FOODS:

Free range:chicken,
turkey or Cornish hen
Wild caught fish: Salmon,
halibut, tuna, mahi mahi,
orange roughy, cod, tilapia,
trout, sea bass, snapper
lamb
grass fed beef
wild game
omega eggs
organic cottage cheese
organic turkey hot dogs
Quorn: chicken-free nuggets
Turkey Sausage

NUTS: (WHOLE & BUTTERS)

Almonds (raw)
Walnuts (raw)
Almond butter
Pumpkin Seeds
Sunflower Seeds

STARCHES: (CARB)

Sweet, White & Red Potatoes
Brown, Wild & Basmati Rice
Barley
Rice Pasta
Whole Oats
Alexia French fries
Gluten free rice waffles
Couscous
Buckwheat products
Quinoa
Brown Rice Cereal
Gluten Free Pancake Mix
Brown Rice Tortillas

BEANS: (PROTEINS)

Garbanzo, Hummus
Pinto
Black
Kidney, Lima, Navy
Lentils

OIL/FAT:

Avocado
Flaxseed Oil
Coconut Oil
Olive Oil
Sesame Oil
Walnut Oil
Canola Oil

Dairy replacements: Rice and almond milk and cheese

Salad dressing brand recommendations: Newman's Own

Sweeteners: Stevia & Agave Syrup, Molasses, 100% Maple Syrup

Avoid: High Fructose Corn Syrup, Artificial Sweeteners (sucralose, nutrasweet, aspartame), and Hydrogenated (or Partially) Oils.

Other drinks: Honest Kids organic juice.

