THE CHIROPRACTIC wellnessconnection

Shopping List/Food Choices

Fruits: (Carb) fresh/frozen

Apples
Apricots
Banana
Blackberries
Blueberries
Cantaloupe
Cherries
Grapes
Grapefruit
Honeydew Melon
Kiwis
Mango
Nectarines
Oranges
Peaches
Pears
Plums
Raspberries
Strawberries
Tangerines
Watermelon

Starches: (Carb)

Sweet, White & Red Potatoes
Brown, Wild, & Basmati Rice
Barley
Pasta: Rice
Whole Oats
Sprouted Wheat
(cereal, bread, bagels, wraps)
Gluten Free Whole Grains Waffles
Couscous
Buckwheat Products
Corn

Protein Foods:

Free Range: Chicken, Turkey or Cornish Hen
Wild Caught Fish:
Salmon, Halibut, Tuna, Mahi, Orange Roughy, Cod, Tilapia, Trout, Sea Bass, Snapper
Lamb
Grass Fed Beef
Wild Game
Nitrate Free Lunch Meat *(Hormel naturals)*
Omega Eggs
Organic Cottage Cheese
Organic Greek Yogurt
Soybeans/Edamame
Beans:
Pinto, Black, Kidney, Lima, Navy Beans
Lentils
Jone's Natural Canadian Bacon & Turkey Sausage

Both Carb & Protein

Raw Nuts:
Almonds
Walnuts
Hazelnuts
Pumpkin Seeds
Sunflower Seeds
Cashews
Kashi Go Lean Cereals
Kashi Go Lean Oats
Quinoa
Barilla Plus Pasta
Clif or Luna Bars
Hummus
Beans with brown rice or corn
Bolthouse Farms Protein Drinks
Greek Yogurt Popsicles

Vegetables: fresh/frozen

Artichoke
Arugula
Asparagus
Bean Sprouts
Beets
Broccoli
Brussel Sprouts
Tomatoes
Cabbage
Carrots
Cauliflower
Celery
Collard Green
Cucumber
Eggplant
Green Beans
Kale
Mushrooms
Peas
Peppers
Snow Peas
Spinach
Sprouts
Squash
Zucchini
Lettuce: Red Leaf, Radicchio, Romaine

Oil/Fat:

Avocado
Flaxseed Oil
Raw Coconut Oil
Extra Virgin Olive Oil
Sesame Oil
Walnut Oil
Canola Oil

- **Dairy Replacements:** Rice Milk, Coconut Milk/Yogurt/Ice Cream, Almond Milk, Soy Milk, Daiya Cheese
- **Salad Dressing Brand Recommendation:** Newman's Own or Bolthouse Farms
- **Sweeteners:** Stevia; Raw Agave Nectar, Truvia, Xylitol
- **AVOID: High Fructose Corn Syrup, Artificial Sweeteners (sucralose, nutrasweet, aspartame), Hydrogenated (or Partially) Oils, Sodium Nitrates/MSG**

Recipes are available at www.cookingwitholivia.com