

# IT STARTS WITH FOOD

BY DALLAS & MELISSA HARTWIG

# SHOPPING LIST

FOR OMNIVORES

Items in green are a best choice



## PROTEIN

- Seafood  
Best: **wild-caught + sustainably fished**  
Better: wild-caught and/or sustainable  
Good: farm-raised
- Ruminants (beef, buffalo, lamb, elk, venison, etc.)  
Best: **100% grass-fed + organic**  
Better: grass fed and/or organic  
Good: lean, fat trimmed/drained
- Eggs  
Best: **pastured + organic**  
Better: organic (omega-3 enriched optional)  
Good: store-bought
- Poultry (chicken, turkey, duck, pheasant, etc.)  
Best: **pastured + organic**  
Better: organic  
Good: store-bought, skin removed
- Non-Ruminants (pork, wild boar, rabbit, etc.)  
Best: **pastured + organic**  
Better: organic  
Good: lean, fat trimmed/drained
- Processed Meats (bacon, sausage, deli meat, etc.)  
Best: **100% grass-fed/pastured + organic**  
Better: organic  
**Avoid:** factory-farmed, or those with added sugar, MSG, sulfites or carrageenan

## VEGETABLES

- |  |   |  |   |
|--|---|--|---|
| <input type="checkbox"/> Acorn Squash        | <input type="checkbox"/> Butternut Squash               | <input type="checkbox"/> Jicama                      | <input type="checkbox"/> Rhubarb              |
| <input type="checkbox"/> Anise/Fennel Root   | <input type="checkbox"/> Cabbage                        | <input type="checkbox"/> Kale                        | <input type="checkbox"/> Snow/Sugar Snap Peas |
| <input type="checkbox"/> Artichoke           | <input type="checkbox"/> Carrots                        | <input type="checkbox"/> Kohlrabi                    | <input type="checkbox"/> Spaghetti Squash     |
| <input type="checkbox"/> Arugula             | <input type="checkbox"/> Cauliflower                    | <input type="checkbox"/> Leeks                       | <input type="checkbox"/> Spinach              |
| <input type="checkbox"/> Asparagus           | <input type="checkbox"/> Celery                         | <input type="checkbox"/> Lettuce (bibb, butter, red) | <input type="checkbox"/> Sprouts              |
| <input type="checkbox"/> Beets               | <input type="checkbox"/> Collard                        | <input type="checkbox"/> Mushrooms (all)             | <input type="checkbox"/> Summer Squash        |
| <input type="checkbox"/> Bell Peppers        | <input type="checkbox"/> Cucumber                       | <input type="checkbox"/> Okra                        | <input type="checkbox"/> Sweet Potato/Yams    |
| <input type="checkbox"/> Bok Choy            | <input type="checkbox"/> Delicata Squash                | <input type="checkbox"/> Onion/Shallots              | <input type="checkbox"/> Swiss Chard          |
| <input type="checkbox"/> Broccoli/Broccolini | <input type="checkbox"/> Eggplant                       | <input type="checkbox"/> Parsnips                    | <input type="checkbox"/> Tomato               |
| <input type="checkbox"/> Broccoli Rabe       | <input type="checkbox"/> Garlic                         | <input type="checkbox"/> Pumpkin                     | <input type="checkbox"/> Turnip               |
| <input type="checkbox"/> Brussels Sprouts    | <input type="checkbox"/> Green Beans                    | <input type="checkbox"/> Radish                      | <input type="checkbox"/> Watercress           |
| <input type="checkbox"/> Buttercup Squash    | <input type="checkbox"/> Greens (beet, mustard, turnip) | <input type="checkbox"/> Rutabaga                    | <input type="checkbox"/> Zucchini             |

## FRUIT

- |   |  |  |  |
|---|--|--|--|
| <input type="checkbox"/> Apples (all varieties) | <input type="checkbox"/> Exotic Fruit (star fruit, quince) | <input type="checkbox"/> Nectarines            | <input type="checkbox"/> Pomegranate               |
| <input type="checkbox"/> Apricots               | <input type="checkbox"/> Grapefruit                        | <input type="checkbox"/> Oranges               | <input type="checkbox"/> Raspberries               |
| <input type="checkbox"/> Bananas                | <input type="checkbox"/> Grapes (green/red)                | <input type="checkbox"/> Papaya                | <input type="checkbox"/> Strawberries              |
| <input type="checkbox"/> Blackberries           | <input type="checkbox"/> Kiwi                              | <input type="checkbox"/> Peaches               | <input type="checkbox"/> Tangerines                |
| <input type="checkbox"/> Blueberries            | <input type="checkbox"/> Lemon/Lime                        | <input type="checkbox"/> Pears (all varieties) | <input type="checkbox"/> Watermelon                |
| <input type="checkbox"/> Cherries               | <input type="checkbox"/> Mango                             | <input type="checkbox"/> Pineapple             |  |
| <input type="checkbox"/> Dates/Figs             | <input type="checkbox"/> Melon                             | <input type="checkbox"/> Plum                  | <input type="checkbox"/> <b>Limit:</b> Dried Fruit |

## FATS

- |   |  |  |  |
|---|--|--|--|
| Best: <b>Cooking Fats</b>                       | Best: <b>Eating Fats</b>                       | Occasional: Nuts & Seeds               | <b>Limit:</b> Nuts & Seeds                     |
| <input type="checkbox"/> Animal Fats*           | <input type="checkbox"/> Avocado               | <input type="checkbox"/> Almonds       | <input type="checkbox"/> Flax Seeds            |
| <input type="checkbox"/> Clarified Butter*      | <input type="checkbox"/> Cashews               | <input type="checkbox"/> Almond Butter | <input type="checkbox"/> Pine Nuts             |
| <input type="checkbox"/> Ghee*                  | <input type="checkbox"/> Coconut Butter        | <input type="checkbox"/> Brazil Nuts   | <input type="checkbox"/> Pumpkin Seeds/Pepitas |
| <input type="checkbox"/> Coconut oil            | <input type="checkbox"/> Coconut Meat/Flakes   | <input type="checkbox"/> Pecans        | <input type="checkbox"/> Sesame Seeds          |
| <input type="checkbox"/> Extra-Virgin Olive Oil | <input type="checkbox"/> Coconut Milk (canned) | <input type="checkbox"/> Pistachio     | <input type="checkbox"/> Sunflower Seeds       |
|   | <input type="checkbox"/> Hazelnuts/Filberts    |  | <input type="checkbox"/> Sunflower Seed Butter |
|   | <input type="checkbox"/> Macadamia Nuts        |  | <input type="checkbox"/> Walnuts               |
|   | <input type="checkbox"/> Macadamia Butter      |  |  |
|   | <input type="checkbox"/> Olives (all)          |  |  |

\*Must be pastured or 100% grass-fed and organic.