

ALL IN



SHOPPING LIST

VEGETABLES 	PROTEIN 	FATS & OILS 	PANTRY STAPLES 
Acorn Squash	Beef	Avocado Oil	Apple Cider Vinegar
Artichoke	Bison	Beef Tallow	Almond Butter
Arugula	Chicken	Clarified Butter/Ghee	Almond Flour
Asparagus	Duck	Coconut Oil	Arrowroot Powder
Beets	Eggs	Duck Fat	Balsamic Vinegar
Bell Pepper	Fish	Lard	Broth
Broccoli	Lamb	Olive Oil	Cacao
Brussels Sprouts	Pork	Sesame Oil	Cashew Butter
Bok Choy	Shellfish		Canned Vegetables
Butternut Squash	Turkey	NUTS & SEEDS 	Coconut Milk
Cabbage	Deli Meat	Almonds	Coconut Aminos
Carrots		Brazil Nuts	Coconut Flour
Cauliflower	FRUIT 	Cashews	Capers
Celery	Apples	Chia Seeds	Dried Fruit
Collard Greens	Apricots	Hazelnuts	Fish Sauce
Cucumber	Bananas	Macadamia Nuts	Ginger Paste/Minced Ginger
Eggplant	Berries	Pecans	Hot Sauce
Fennel	Cherries	Pistachios	Olives
Green Beans	Dates	Flax Seeds	Mustard
Kale	Figs	Pine Nuts	Nutritional Yeast
Leek	Grapes	Pumpkin Seeds/Pepitas	Red Wine Vinegar
Lettuce	Kiwi	Sesame Seeds	Rice Vinegar
Mushroom	Mango	Sunflower Seeds	Roasted Red Peppers
Onion	Melon	Walnuts	Salsa
Parsnips	Nectarines	DRINKS 	Sardines
Potatoes	Oranges	Club Soda	Salmon (canned)
Romaine	Peaches	Coconut Water	Sauerkraut
Spinach	Pears	Coffee	Spices & Herbs (dried)
Squash	Plums	Fruit Juice	Sundried Tomatoes
Swiss Chard	Plantains	Tea	Tapioca Flour
Sweet Potato/Yams	Pineapple	Vegetable Juice	Tahini
Tomato	Pomegranate	Water (Mineral/Flavored)	Tomato Paste
Zucchini	Watermelon		Tuna (canned)

LEARN WHAT TO LOOK FOR ON THE LABEL.

- 1** - Start with the serving information at the top. This will tell you the size of a single serving and the total number of servings per container (package).
 - 2** - Next, check total calories per serving and container. Pay attention to the calories per serving and how many calories you're really consuming if you eat the whole package. If you double the servings you eat, you double the calories and nutrients.
- The next section of information on a nutrition label is about the amounts of specific nutrients in the product.
- 3** - Limit certain nutrients. Check key nutrients and understand what you're looking for. Not all fats are bad, and total sugars can include both natural and added sugars. Limit the amounts of added sugars, saturated fat, and sodium you eat, and avoid trans fat. When choosing among different brands or similar products, compare labels and choose foods with less of these nutrients when possible.
 - 4** - Get enough of the beneficial nutrients. Make sure you get enough of the nutrients your body needs, such as: calcium, choline, dietary fiber, iron, magnesium, potassium, and vitamins A, C, D and E.*
 - 5** - Understand % Daily Value. The % Daily Value (DV) tells you the percentage of each nutrient in a single serving, in terms of the daily recommended amount. If you want to consume less of a nutrient (such as saturated fat or sodium), choose foods with a lower % DV (5 percent or less). If you want to consume more of a nutrient (such as fiber), choose foods with a higher % DV (20 percent or more).