



Guidance on how to prioritize organic selections if all organic isn't an option

Broken down by grocery store section to make shopping easier

SHOPPING LIST: WEEK 1 (2 pages)		
CARBOHYDRATES	PROTEIN	FATS / SPICES / OTHER
<p>PRODUCE</p> <p>Environmental Working Groups "Dirty Dozen" indicted with suggestion to buy as (organic)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Banana (2) <input type="checkbox"/> Apples (organic) (3) <input type="checkbox"/> Apricots (8) <input type="checkbox"/> Strawberries (organic) (4 cups) <input type="checkbox"/> Mango (3) <input type="checkbox"/> Orange (1) <input type="checkbox"/> Fresh pineapple (2 ¼ cup) <input type="checkbox"/> Honeydew melon (1 large) <input type="checkbox"/> Avocado (1) <input type="checkbox"/> Red onion (6 large) <input type="checkbox"/> White onion (1 large) <input type="checkbox"/> Shallot (1) <input type="checkbox"/> Garlic (3 bulbs) <input type="checkbox"/> New potatoes (4) <input type="checkbox"/> Romaine lettuce (organic) (1 head) <input type="checkbox"/> Red leaf lettuce (organic) (1 head) <input type="checkbox"/> Watercress (2 bunches) <input type="checkbox"/> Baby Spinach (4 ½ cups) <input type="checkbox"/> Swiss chard (1 bunch) <input type="checkbox"/> Dino Kale (organic) (1 bunch) <input type="checkbox"/> Carrots (organic) (small bag) <input type="checkbox"/> Red pepper (organic) (1) <input type="checkbox"/> Celery (organic) (1) <input type="checkbox"/> Cucumber (1) <input type="checkbox"/> Tomato (1) <input type="checkbox"/> Jalapeno pepper (2) <input type="checkbox"/> Fresh Cilantro (2 bunches) <input type="checkbox"/> Fresh Dill (2 bunch) 	<p>DAIRY</p> <p>Grass-fed (pastured) sources highly recommended</p> <ul style="list-style-type: none"> <input type="checkbox"/> Low-fat plain Kefir (32 oz) <input type="checkbox"/> Eggs (1 dozen) <input type="checkbox"/> Low-fat plain Greek yogurt (1/2 cup) <input type="checkbox"/> Low-fat Mozzarella (2 oz) <input type="checkbox"/> Shredded parmesan cheese (1/4 cup) <input type="checkbox"/> Farmer's cheese (2 oz) <input type="checkbox"/> Butter (1/4 lb – 1 stick) <input type="checkbox"/> Fresh cream (6 oz) <p>POULTRY</p> <p>Grass-fed (pastured) sources highly recommended</p> <ul style="list-style-type: none"> <input type="checkbox"/> Lean ground turkey (2 lbs) <input type="checkbox"/> Chicken breast (9 oz) <p>FISH</p> <ul style="list-style-type: none"> <input type="checkbox"/> Canned tuna (5 oz) <p>OTHER</p> <ul style="list-style-type: none"> <input type="checkbox"/> Whey protein powder (12 oz container) <input type="checkbox"/> Dried soy beans (1 ½ cups) <p>[can be found in bulk sections or in some snack sections – Costco also carries Seapoint Farm's brand that is recommended]</p>	<p>NUTS</p> <p>Can buy larger quantities for cost-savings; store in refrigerator or freezer</p> <ul style="list-style-type: none"> <input type="checkbox"/> Raw walnuts (½ cup) <input type="checkbox"/> Raw almonds (½ cup) <input type="checkbox"/> Slivered Almonds (1 ½ cups) <input type="checkbox"/> Flax seeds (½ cup) <input type="checkbox"/> Raw Sunflower seeds (½ cup) <p>OILS</p> <ul style="list-style-type: none"> <input type="checkbox"/> Olive oil – extra virgin cold-pressed (8 oz) <input type="checkbox"/> Avocado oil – cold-pressed (6 oz) <input type="checkbox"/> Sunflower oil – expeller-pressed (6 oz) <input type="checkbox"/> Light Safflower Mayo (Hain's Lite) <p>SPICES</p> <ul style="list-style-type: none"> <input type="checkbox"/> Sea salt <input type="checkbox"/> Italian Seasoning <input type="checkbox"/> Cumin <input type="checkbox"/> Chili powder <input type="checkbox"/> Dried parsley <input type="checkbox"/> Stevia (nutritional supplements aisle) <p>PACKAGED GOODS/ BULK</p> <ul style="list-style-type: none"> <input type="checkbox"/> Dried Apricots (24- 1 package) <input type="checkbox"/> Raisins (small pkg) <input type="checkbox"/> Dried cubed pineapple (small pkg) <input type="checkbox"/> Artichoke hearts (in water) (3 cans) <input type="checkbox"/> Cannellini beans (5 cups) <input type="checkbox"/> Northern Beans (8 cups) <input type="checkbox"/> Stewed tomatoes (6 oz can) <input type="checkbox"/> Chicken broth (10c) <input type="checkbox"/> Oat bran (1/2 cup) <input type="checkbox"/> Wheat germ (1/4 cup) <p>*home-made dry beans can be substituted for any canned item.</p>

Sorted by Proteins, Carbs & Fats to help educate on sources of macronutrients

Preferred types specified next to product so you have it when you need it - at the grocery store

Suggestions for where to find not as common ingredients

<p>GRAINS</p> <ul style="list-style-type: none"><input type="checkbox"/> Slow cook oatmeal (1 cup)<input type="checkbox"/> Wasa Sourdough Crisps [found by crackers-high shelves]<input type="checkbox"/> Ezekiel bread (1 loaf)<input type="checkbox"/> Ezekiel Sprouted English Muffins (1 pkg)<input type="checkbox"/> Ezekiel Sprouted 6" tortillas (1 pkg) ["Fat Flush" brand are also sprouted] <p>[All Ezekiel or sprouted products may be in refrigerator section]</p> <p>FROZEN FOODS</p> <ul style="list-style-type: none"><input type="checkbox"/> Blueberries (Wild) (3 ½ cups)<input type="checkbox"/> Peas (2 cups)		<p>HOUSEHOLD PRODUCTS:</p> <ul style="list-style-type: none"><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/>
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