

Tim's Grocery Shopping List

RAW VEGETABLES

<u>Organic</u>	<u>Non-Organic</u>
Alfalfa Sprout	**Avocado
Bean Sprout	
*Bell Pepper (not green)	
*Bok Choy (stalks)	
Celery	
**Cilantro	
Cucumber	
Dandelion	
Endive	
Escarole	
Frisée	
*Leaf Lettuce	
Maché	
**Mixed Salad Greens	
*Mushroom	
Mustard Green	
Olive	
Parsley	
Snap/Sugar Peas	
**Spinach (baby)	
**Tomato	
Wheat Grass	

COOKED VEGETABLES

<u>Organic</u>	<u>Non-Organic</u>
*Artichoke	**Asparagus
Arugula	*Brussels Sprout
*Beet/Beet Green	*Cabbage (green, red)
Bok Choy	Eggplant
*Broccoli	*Ginger
*Carrot	Peas
*Cauliflower	**Seaweed
Chard	
Chickpea	
Chives	
Collard Green	
Dill	
*Green Bean	
**Kale	
Leeks	
Mushroom	
Okra	
Pumpkin	
Radish	
Rutabaga	
Shallot	
**Spinach	
Squash	
**Sweet Potato/Yam	
Tarot	
Tomato	
Turnip	
Zucchini	

FRUITS

<u>Organic</u>	<u>Non-Organic</u>
*Apple	*Banana
Apricot	*Cantaloupe
**Blackberry	*Coconut
**Blueberry	*Cranberry
**Cherry	*Grapefruit
Date	Guava
Fig	Kiwi
Grape (purple, red)	**Lemon
Nectarine	Lime
Peach	*Mango
Pear	Orange
Plum	Papaya
Prune	Pineapple
**Raspberry	*Pomegranate
**Strawberry	**Watermelon

FISH & SEAFOOD (wild)

<u>Often</u>	<u>Occasionally</u>
Catfish	Butterfish
Clams/Mussels	Carp
Crawfish	Caviar
Flatfish	Cod
Flounder	Crab
Haddock	Herring
Hake	Jacksmelt
Oyster	Mahi Mahi
Perch	Monkfish
Pollock	Perch
Pompano	Salmon
Sablefish	Skate
**Sardines (fresh)	Snapper
*Scallop	Tilapia
Sea Urchin	Tuna (canned light)
*Shrimp/Prawn	Lobster
**Sole	
Squid (Calamari)	
*Trout	
Whitefish	

POULTRY/EGG (free range)

<u>Often</u>	<u>Occasionally</u>
**Egg (Orgnc 0-3)	Liver
*Skinless Breast	Skinless thigh

BEEF (grass fed)

<u>Occasionally</u>	<u>Rarely</u>
Bottom Rnd. Roast	Eye Round Steak
Chuck Shoulder	Flat Iron Steak
Eye Round Roast	Ground Sirloin
*Flank Steak	Rump Roast
Mock Tender Steak	Skirt Steak
Pot Roast	Stew Meat
Round Tip	Strip Steak
Shank Cross Cut	Tri Tip Roast
Shoulder Ctr. Steak	
Shoulder Petite	
*Sirloin Steak	
Top Round Steak	

PORK

<u>Occasionally</u>	<u>Rarely</u>
Center Loin	Lean Ham
Tenderloin	Sirloin

SUPPLEMENTS

**Chlorella
CoQ10
Dark Matter
**Digestive Enzymes
**Fish/Krill Oil
*Glutamine Powder
Himalayan Salt
**Iodine (Lugol's)
**Magnesium Oil
**Probiotics
*Protein Shake
Psyllium/Chia
**Superfood Powder
Tea (any)
Trace Mineral Drops
Ultima Replenisher
**Vitamin D3

SPICES

*Basil
Black Pepper
Cayenne Pepper
Chili Powder
**Cinnamon
**Cloves
*Coriander
*Cumin
Fennel
*Ginger
Marjoram
Mustard Seed
**Oregano
Paprika
*Parsley
Sage
Tarragon
Thyme
**Turmeric/Curry

NUTS/SEEDS

*Almonds
*Almnd Butter (ntrl)
Brazil Nuts
Cashews
*Chia Seed
*Flaxseed
Hazelnuts
*Hemp Seed
Macadamia
Peanuts
Peanut Butr. (ntrl)
Pecans
Pine Nuts
Pumpkin Seeds
Sesame Seeds
Sunflower
Walnuts

GRAINS

*Brwn Rice (Ing grn)
*Lentils (red)
Oat Bran
Oatmeal
*Quinoa
Semolina
*Wild Rice

CARBS

*Quinoa Pasta
Gluten Free Bread
Coconut Flour
Rice Flour
Rice Chips

SWEETS

*Chocolate (70%)
*Honey (raw)
Maple Syrup
**Stevia

OIL

**Coconut Oil
*Olive Oil (xtra virg)

DAIRY

Almond Milk
*Coconut Milk
Ghee
*Goat Cheese
Goat Milk (unpast.)
*Yogurt (unpast.)

* **Tim's Picks**- products Tim buys on a regular basis as part of his standard diet. These foods generally contain essential nutrients for the greatest health benefits.

** **Tim's Favorites**- the best of the best!