

### Tim's Grocery Shopping Guide

#### RAW VEGETABLES

	ORGANIC ONLY	RISKY	NON-ORGANIC
<b>BEST</b>	Bell Pepper (red, yellow, orange) Leaf Lettuce Mixed Salad Greens Spinach (baby) Tomatoes	Alfalfa Sprouts Bean Sprouts Bok Choy (stalks) Dandelion	Escarole Frisée Maché Mustard Greens
<b>GOOD</b>	Celery Cucumbers	Endive Olives Mushrooms	Parsley Wheat Grass Avocado
<b>LIMIT</b>	Carrots (raw) Iceberg Lettuce	Broccoli (raw)	Cabbage (raw)

#### COOKED VEGETABLES

	ORGANIC ONLY	RISKY	NON-ORGANIC
<b>BEST</b>	Carrot Green Beans Kale Pumpkin	Spinach Squashes Tomato	Beets Beet Greens Bok Choy Broccoli Broccoli
<b>GOOD</b>		Artichoke Arugula Chickpeas Chinese Cabbage Chives Dill	Broccoli Cauliflower Chard Collard Greens Sweet Potato Yam Green Onions Horseradish Leeks Kohlrabi Mushroom Okra Shallot Radishes Rutabaga Tarot Turnip Zucchini
<b>LIMIT</b>	Potatoes	Bamboo Shoots Beans (all kinds) Chile peppers	Jicama Rhubarb Soy Water Chestnuts Watercress Corn

#### FRUITS

	ORGANIC ONLY	RISKY	NON-ORGANIC
<b>BEST</b>	Apple Cherry Grape (purple, red) Nectarine	Peach Pear Strawberry	Apricot Blackberry Blueberry Cranberry Grapefruit
<b>GOOD</b>		Dates Fig Prune	Guava Nectarine Oranges Plums Raspberry Cantaloupe Kiwi Lemon Lime Mango Pineapple Papaya Watermelon Coconut

#### EGGS

<b>BEST</b>	Organic, Free Range & Omega-3
<b>LIMIT</b>	Non-Organic

#### BEEF

<b>BEST</b>	Bottom Round Roast Chuck Shoulder Pot Roast Eye Round Roast Flank Steak	Mock Tender Steak Round Tip Shank Cross Cut Sirloin Steak	Shoulder Petite Shoulder Center Steak Top Round Steak
<b>OK</b>	Eye Round Steak Flat Iron Steak Ground Sirloin	Rump Roast Skirt Steak Stew Meat	Top Loin (Strip) Steak Tri Tip Roast
<b>LIMIT</b>	Brisket Filet Mignon Lean Ground Chuck	Porterhouse Short Loin	T-bone Tenderloin Roast
<b>AVOID</b>	Arm Pot Roast Blade Steak Chuck Eye Roast	Chuck Steak Rib Cuts (all)	Ground Chuck Fast Food Burgers

#### POULTRY

<b>BEST</b>	Skinless Breast Boneless/Skinless Leg Liver
<b>OK</b>	Skinless Thigh
<b>LIMIT</b>	All Parts with Skin On (especially Thigh)
<b>AVOID</b>	Wing, All Parts Deep Fried

#### FISH

<b>MODERATION</b>	Catfish Flatfish Flounder Haddock Hake	Perch Pollock Pompano Sardines	Sablefish Sole Trout Whitefish
<b>RARELY</b>	Butterfish Carp Cod Herring Jachsmelt	MahiMahi Monkfish Perch Salmon	Skate Snapper Tilapia Tuna (canned light)
<b>AVOID</b>	Alewife Anchovies Bluefin Tuna Bluefish Croaker Eel Grouper Halibut	Lingcod Mackerel Marlin Opah Orange Roughy Rockfish Sea Bass	Shad Shark Striped Bass Sturgeon Swordfish Tilefish Weakfish

#### SEAFOOD

<b>MODERATION</b>	Shrimp Scallops Clams Mussels	Oysters Prawns Sea Urchin	Squid (Calamari) Crawfish Caviar
<b>RARELY</b>	Lobster Crab		

#### PORK

<b>BEST</b>	Tenderloin Center Loin	
<b>OK</b>	Sirloin Lean Ham	
<b>LIMIT</b>	Ham Roast Center Loin Chops	Center Rib Canadian Style Bacon
<b>AVOID</b>	Bacon Spare and Back Ribs Sausage	Picnic Shoulder Shoulder Butt