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PROTEIN CHOICES			
 	Cold-water fish	Wild Pacific or Alaskan is best.	
 	Small Fish	Anchovies, Sardines in Olive Oil	
 	Eggs	Eggs from free-range, hormone & antibiotic-free chickens are better than eggs from caged, injected chickens fed organic foods or omega-3's	
  	Raw Cheeses	Most naturally-occurring and healthiest form of cheese. (Beware of Rice & Soy alternatives.)	
 	Beef	100% Grass fed -- you must ask! Some farms grain feed the animals "at the end," which is still not desirable. This alters their Vitamin E content, and fatty acid ratios. Please note that Organic does NOT mean grass fed. <u>Check with local farms, co-ops, and online</u>	
 	Chicken	Free-range, hormone & antibiotic-free is best. "Free from antibiotics" & "Naturally Raised" are steps in the right direction.	
 	Turkey	Free-range, hormone & antibiotic-free is best. Look for natural turkey "bacon" without nitrites or sugar.	
  	Whey Protein	Whey from raw milk, from a grass fed cow is best utilized and least harmful. (Most commercial brands are heated at high temperatures and may contain excitotoxins &/or artificial sweeteners).	
  	Protein Supplement / Complete Meal Replacement	Avoid commercial soy and whey products -- Acceptable plant-based products should either be fermented soy, sprouted rice, or hemp-seed based.	
 	Egg Protein	Great for baking -- can also substitute with or for eggs or egg whites. If not available, use Whey protein + 1 egg (best and most similar tasting substitute)	
  	Shelled Hemp Seeds	Incredible protein source for salads and/or mixed produce a complete meal. 4 Tablespoons = 22 grams of protein	
FAT CHOICES			
  	Raw nuts & seeds	Look for raw, consider organic. Often available raw at bulk food stores. Store in the fridge to maintain the integrity of the fats.	
  	Olive Oil, Olives, Grape Seed Oil	Extra Virgin is best. EVOO should be in a dark container to block the light.	

	Food Type	Notes	Local Brand Name
  	Coconut Oil	Coconut oil is the ideal oil for cooking, baking, and frying, as it does not denature with high heat. Extra Virgin is best, virgin or non-virgin is acceptable for greasing the pan.	
 	Coconut Flakes	Toasted flakes are delicious on salad, or as a snack.	
 	Coconut Flour	Great alternative to grain flour for baking, for thickening sauces and, great in smoothies.	
  	Coconut Butter	Not for cooking, but for eating!	
  	Coconut Milk	Full fat coconut milk is thicker than watered down versions. This becomes a personal preference.	
  	Flax Seeds, Flax Seed Meal	Ground flax meal is great on salads, in oatmeal, and as a healthy substitute for flour in baking.	
  	Flax Seed Oil, Cod Liver Oil	Do not heat!	
  	Hemp Seed Oil	Best ratio of essential fatty acids -- mix into salad dressings, smoothies, oatmeal -- everything!	
  	Fish Oil (supplement)	Look for fish oil that has been molecularly filtered to eliminate any contamination. Fish oil with essential fats in the 4:1 ratio is ideal.	
  	Nut Butters (almond, macadamia)	Raw is best but can be difficult to find.	
  	Tahini	Raw is best	
 	Yogurt	Full fat, plain, organic. Raw is best, if available. No sugar!	
 	Butter	Organic (raw is best, if available)	
 	Milk	Full fat, organic is a bare minimum. (Non-homogenized is even better ... non-pasteurized is best if available)	
  	Chocolate (cacao)	Pure chocolate contains no sugar -- mix or melt down with stevia and/or cinnamon -- use in yogurt, smoothies, or with nuts/berries for a desert or snack. Look for 100% Chocolate cubes ("Baker's Chocolate") or chocolate powder.	
HIGH FIBER CARBOHYDRATE CHOICES			
  	Vegetables	Organic is best, but not essential. Veggies with the highest pesticide loads should be bought organic.	
  	Greens Drinks	Great substitute for essential veggies if lacking in your diet -- and great for kids! Watch out for additives in commercial brands.	
STARCHY CARBOHYDRATE CHOICES			

	Food Type	Notes	Local Brand Name
  	Starchy Vegetables	Organic is best, but not essential	
  	Beans	Dried, in bulk or in bags (organic is best but not essential).	
  	Canned Beans	No salt added is preferred.	
  	Refried Beans	Flavored brands also available, using healthy spices	
	Whole Grains & Whole Cereals	Must be "whole grain, sprouted, or stone-ground."	
	Whole Grain Breads, Bagels, English Muffins, etc.	Every grain ingredient on the label must read "whole grain, sprouted, or stone-ground." (Must freeze this type of bread.)	
CONDIMENTS, SPICES, AND SEASONINGS			
  	Mayonnaise	Most substitutes readily available in grocery stores (including some brands of mayo substitute Vegenaïse) are made with canola oi and/or soy products. Grapeseed oil and olive oil based spreads are acceptable.	
  	Salad Dressing	Most store brands use rancid oils -- copy the ingredients and make your own healthy dressings with acceptable replacement ingredients! Hemp seed oil has the ideal ratio of omega 3's and 6's.	
 	Tamari	Fermented soy product, excellent substitute for traditional soy or steak sauce.	
^c  	Marinades	Bragg's Liquid Amino's or Liquid Soy is a healthy form of soy - and great for meat.	
  	Herbs & Spices	Herbs in bulk are most economical. Organic spices are best (not irradiated). Look for individual "blends" (Greek Seasoning, Herbs of Provence, and Salad Sprinkles) Gomasio (sesame seeds with garlic, sea salt, and/or seaweed) - great on salads and veggies.	
  	Salsa	Look for no sugar salsa's, organic is best.	
  	Tapenade	Also very easy to make at home	