



# shopping list



## Your Real Foods Shopping List

We at the Fitness Spotlight ([www.fitnessspotlight.com](http://www.fitnessspotlight.com)) have put together this shopping guide to help you in making better food choices that support your health. It's important to know what you are buying at the grocery market and have a plan going in.

The lists are by no means the only choices that could be made, but rather they are intended to give you a variety of choices on the most idea of the foods you should be eating the majority of the time.

Remember our saying when it comes to nutrition: “**Eat Real Foods**”

## Your Health Is Only As Good As The Quality Of Your Food

The quality of your food is of the utmost importance. While that means making sure you're eating **as little processed food** as possible and loading your plate up with health-promoting **meats, seafoods, fruits, vegetables and healthy fats**.

It also means making sure the **source of your food** is high-quality (as a steak from a grain-fed sick cow is completely different from a healthy grass-fed one).

Of course, few of us are independently wealthy and able to spend an unlimited amount of money on our food. Therefore, it's important to put any extra dollars to work in the right places. Let's look at your best options.

## Grass-Fed Meat vs. Grain-Fed Meat

Probably the most important component of your diet is where your meat comes from and how it is raised. Most commercial meats are raised on the cheapest feed available, kept in cramped unsanitary conditions, and fattened quickly to produce meat as cheaply as possible. Unfortunately the grains and soy fed to these cows, chickens, pigs, and sheep are anything but their natural diets and it affects the meat that they produce.

The meat from **grain-fed animals has a highly skewed omega-6:omega-3 ratio**, sending the body into an inflammatory mode (some commercial meats/eggs have as high as a 15+:1 ratio of omega 6:3...when natural meats should have a more balanced ratio of 4:1 or less). Also the fat composition of these animals is altered (grain fed animals have more saturated fat, unlike grass fed with less saturated and more monounsaturated).

**Essentially, you are what you eat...and what the animal eats too!**

**Grass-fed** meat (or any “wild game” not raised in fed lots on cheap grains) is more expensive, but it's also tastier and better for your health. If you can't find it (check your local farmer's market) or can't afford grass-fed meat, just trim the visible fat from your store-bought meat and help correct your omega-6:omega-3 balance with some additional fish oil.

## What About Butter/Dairy?

Much like the meat, the milk from the cow (or other animal like goat) is only as healthy as the source. If you are using any dairy or butter, aim for grass-fed ideally first for optimal quality of fats and nutrients.

## What About Organic Vegetables?

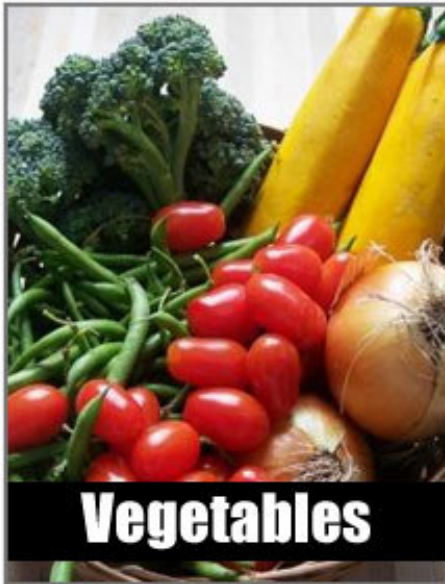
If you can't afford to go fully organic with your produce, then you don't have to! First, conventional produce (even frozen) is better than not eating produce at all. You can peel your produce if you're especially concerned. The table below outlines the 12 most and the 12 least pesticide-laden fruits and vegetables. So if you have extra money to spend on organic fruits and vegetables, start with those on the left side and stick with the more conventional of those on the right.

<b>The 12 Most Contaminated Fruits and Vegetables...</b>	<b>...And The 12 Least Contaminated</b>
1. Strawberries	1. Onions
2. Bell peppers (green and red)	2. Avocado
3. Spinach (tied with number 2)	3. Sweet Corn (frozen)
4. Cherries (grown in the United States)	4. Pineapple
5. Peaches (grown in Chile)	5. Mango
6. Cantaloupe (grown in Mexico)	6. Asparagus
7. Celery	7. Sweet Peas (frozen)
8. Apples	8. Kiwi
9. Apricots	9. Banana
10. Green beans	10. Cabbage
11. Grapes	11. Broccoli
12. Cucumbers	12. Papaya



## Fruits

Apple	Peach	Grapes
Banana	Pear	Kiwi
Blackberries	Pineapple	Kumquat
Blueberries	Raspberries	Lemon
Cherries	Strawberries	Lime
Cranberries	Tangerine	Melon
Dates	Watermelon	Nectarine
Grapefruit	Papaya	Orange
Avocado	Cantaloupe	Mango



## Vegetables

Artichokes	Cauliflower	Lettuce	Tomato
Arugula	Celery	Mushroom	Zucchini
Asparagus	Cucumber	Okra	Turnips
Avocado	Eggplant	Olives	Yucca
Beets	Fennel Bulb	Onions	Parsley
Spinach	Green Beans	Peppers	Pumpkin
Broccoli	Green Onion	Potato	Squash
Cabbage	Sauerkraut	Radish	Sweet
Carrot	Kimchi	Shallots	Potato/Yam
Greens (Kale, Collard, Mustard)		Bok Choy/Pak Choi	
<i>Sea Vegetables</i>			
Agar	Dulse	Kombu	Seaweed
Arame	Kelp	Nori	Wakame



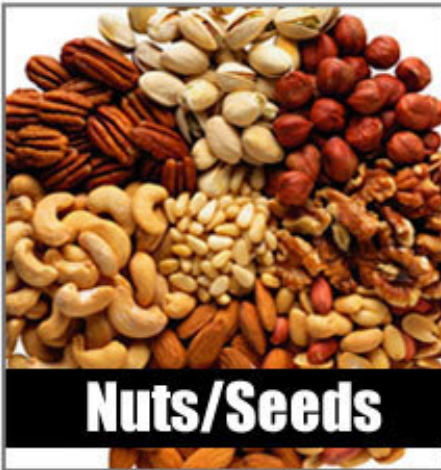
## Meats

Beef	Chicken	Kangaroo	Veal
Bison	Duck	Lamb	Venison
Elk	Quail	Ostrich	Alligator
Goat	Turkey	Pork	Goose
<i>Organ Meats</i>			
Bone Marrow	Kidney	Sweetbreads	
Heart	Liver	Tongue	
<i>Seafood</i>			
Calamari	Salmon	Swordfish	Haddock
Clams	Sardines	Tilapia	Grouper
Crab	Shark	Tuna	Scallops
Lobster	Shrimp	Herring	Shrimp
Mackerel	Octopus	Oysters	Mussels
<i>Other: Eggs (Chicken, Duck, Goose, etc)</i>			



## Fats/Oils

Butter	Coconut Oil/Milk
Lard	Cod Liver/Fish Oil
Ghee	Avocado Oil
Red Palm Oil	X-Virgin Olive Oil
Nut Butter/Oil (Macadamia, Almond, Walnut)	



## Nuts/Seeds

Almonds	Walnuts	Pecans
Brazil Nuts	Pinenuts	Pumpkin Seeds
Cashews	Pistachios	Sesame Seeds
Coconut	Macadamias	Sunflower Seeds



## Spices

Allspice	Coriander Seed	Ginger
Anise	Cumin	Garlic
Basil	Cayenne Pepper	Horseradish
Bay Leaf	Clove	Mint
Cilantro	Dill	Marjoram
Mustard Seed	Fennel	Parsley
Nutmeg	Sage	Paprika
Oregano	Rosemary	Pepper
Thyme	Turmeric	Sea Salt
Cinnamon		

## Shopping List for Daily/Weekly Shopping

The 2 pages of shopping lists come from the choices that you should be making daily for most your meals. Shop often and stock up on the good stuff including:

- Staple for all meals include **Meats (Beef, Poultry, Seafood, Eggs)** – If not wild/grass-fed then go for leanest cuts.
- Variety of **Fruits and Vegetables** (organic if possible)
- Snacking on **Nuts and Seeds**
- Heated/Flavored with Healthy **Fats and Oils**
- Flavored with all sorts Healthy **Spices**
- (not on the list) use of **Apple Cider/Balsamic Vinegar** (especially for homemade salad dressings)
- drinking lots of (spring or mineral) **Water**

## Foods to Use in Moderation

- **Dairy** (including Milk, Yogurt, Cheeses)
- **Grains** (including Rice, Wheat, Cereals, Breads, Pasta)
- **Dried Fruits, Roasted/Salted Nuts**
- **Coffee, Alcohol, Diet Sodas**
- **Peanuts** (highly allergenic and moldy)

## Things to Limit/Avoid

- **Processed Meats** (deli meats, hot dogs, etc)
- **Candy, Cake, Cookies**, and other Bakery items
- **Ice Cream** and other desserts
- **Sodas** (loaded with sugar)
- **Commercial Salad Dressings** (make your own)
- **Commercial BBQ, Sauces, Ketchup** (high in sugar)

## Finding New Ways to Cook Real Foods

So now you have lists of food that you've possibly never thought to include in your diet. Now it's time to think of ways to cook them all. Experimentation (and variety) is the name of the game. You should constantly be trying new combinations of vegetables, sauces, and herbs and spices. Here are a couple new dishes to try.



### **Fish & Vegetable Curry**

**400g (14oz) white fish fillets, cut into thick slices**  
**400g coconut milk**  
**2tbs red curry paste**  
**2 carrots, cut into thin strips**  
**2 cups red cabbage, thinly sliced**  
**Fresh coriander**

Place coconut milk and red curry paste into a pan on medium heat for 2 minutes, stirring until combined.

Add fish, carrots and red cabbage. Cover and simmer for 4-5 minutes, or until fish has cooked.

Serve with fresh coriander leaves.

From the **Paleo Cookbooks** (if you would like to see more of recipes like this then go to <http://recommends-paleo-cookbook.fitnessspotlight.com/>)



### **Slammin' Citrus Salmon**

**1 ½ lbs wild salmon filets (skin and bones removed), cut into 4 pieces**  
**½ medium sized onion, chopped**  
**2 medium cloves garlic, chopped**  
**2 tbs fresh lemon juice**  
**2 tsp lemon juice**  
**1 ½ cups fresh orange juice**  
**2 tbs fresh parsley, minced**  
**1 tsp fennel seed**  
**Celtic Sea Salt & white pepper to taste**

1. Preheat broiler on high and place a cast iron or stainless steel skillet under broiler for about 10 minutes.

2. While skillet is heating up, place chopped onion, garlic, fennel seeds, orange juice and 2 tbs lemon juice in a saucepan and cook on high for about 10-15 minutes. Reduce sauce by half.
3. Take hot pan out of broiler. Season salmon with 2 tsp lemon juice, sea salt and pepper and place on hot pan.
4. Return pan to broiler (approximately 5 inches from the heat) and broil salmon for about 7 minutes depending on thickness. Generally, salmon should be cooked 8 - 10 minutes per inch of thickness. Do not flip the fish - the salmon is cooking on both sides simultaneously.
5. When done broiling, remove salmon from pan, and place on top of bed of mixed greens or steamed kale.
6. Season the citrus sauce with sea salt and pepper. Gently pour sauce over salmon & greens. Sprinkle with finely chopped parsley.

From the [Healthy Urban Cookbook](#) (if you would like to see more of recipes like this then go to <http://recommends-urban-kitchen.fitnessspotlight.com/>)