

Shopping List

OMNI DIET = 70% PLANT + 30% PROTEIN

PROTEIN

Meats/poultry: organic, grass-fed, free-range, hormone-free, and antibiotic-free.

Eggs: organic, cage-free, DHA-enriched from vegetarian-fed chickens.

Fish: wild, hormone-free and antibiotic free.

MEATS/POULTRY

- Eggs
- Skinless Chicken
- Skinless Turkey
- Bison
- Lamb
- Venison

FISH

- Salmon (wild)
- Mackerel
- Anchovies
- Sardines
- Herring
- Tuna (no farm-raised)

OTHER FORMS

- Quinoa
- Chia/flax/hemp seeds
- Raw Nuts/Nut Butters
- Protein powder
- Lentils/beans (limited)
- Hummus

PLANT

Choose fresh, organic vegetables: (AVOID WHITE POTATOES & be careful with night shades)

- | | | |
|--------------------|------------------------|-------------------|
| • Artichokes | • Cabbage (Sauerkraut) | • Onions |
| • Arugula | • Carrots (limit) | • Romaine lettuce |
| • Asparagus | • Cauliflower | • Seaweed! |
| • Avocados | • Celery | • Spinach |
| • Bean Sprouts | • Chard | • Squash |
| • Bell Peppers | • Cucumbers | • Sweet Potatoes! |
| • Bok Choy | • Green Beans | • Tomatoes |
| • Broccoli | • Kale | • Watercress |
| • Brussels Sprouts | • Mushrooms | • Zucchini |

OTHER

- FRUIT (limit): Fresh/Frozen Organic Strawberries, Blueberries, Raspberries, Blackberries
- SWEETENERS: Stevia and Monk fruit
- MILK* ALTERNATIVES: almond, coconut, hemp *(Organic light cream in small amounts)
- HEALTHY OILS: coconut, almond, macadamia-nut, cold expeller pressed olive oil
- SOY SUBSTITUTES: Bragg's Liquid Aminos & Tamari sauce
- MISC. Apple Cider Vinegar, Veganaise, Mustard, Balsamic Vinegar
- SPICES:

• Basil	• Cilantro	• Curry	• Turmeric
• Black pepper	• Cinnamon	• Dill	• Mint
• Cayenne	• Cloves	• Garlic	• Oregano
• Chili Powder	• Coriander	• Ginger	• Nutmeg
• Parsley	• Rosemary	• Saffron	• Sage