

Grocery list - Carl Staaf Coaching

underline = good as snack
green = focus on these

bold = carbs
orange = consume sometimes

italic = protein/fat
red = consume rarely

Vegetables:

Artichoke	Cucumber	Bell pepper	Carrot
Asparagus	Fennel	Radish	Cassava
Aubergine	Garlic	Rutabaga	Chickpeas
Broccoli	Green beans	Shallots	Corn
Brussels sprouts	Jicama	Snow peas	Green peas
Cabbage	Kohlrabi	Tomatoes	Parsnip
Cauliflower	Leek	Turnip	Potato
Celeriac	Mushrooms	Water chestnut	Pumpkin
Celery	Okra	Zucchini	Spaghetti pumpkin
Chilies	Olives	Beans	Sweet potato
Chives	Onion	Beet	Yucca

Greens:

Arugula	Endives	Romaine lettuce	Watercress
Bok choy	Escarole	Seaweed	Wheatgrass
Chard	Kale	Spinach	
Collard greens	Lettuce	Sprouts	

Fruit:

Avocado	Cherries	Pear	Dried fruit
Lime	Cranberries	Pineapple	Figs
Lemon	Grapefruit	Plum	Fruit juice
Olives	Guava	Raspberries	Grapes
Apple	Kiwi	Rhubarb	Mango
Apricots	Nectarine	Strawberries	Pomegranate
Blackberries	Orange	Watermelon	Prunes
Blueberries	Papaya	Banana	Raisins
Cantaloupe	Peach	Dates	

Grains:

Buckwheat	Arrowroot	Wild rice	Rye
Millet	Black rice	Barley	Semolina
Quinoa	Brown rice	Corn	Spelt
Teff	Oat (rolled, steel-cut)	Couscous	Wheat
Amaranth	Tapioca	Oatmeal (instant)	White rice

Meat, Fish & Eggs:

Anchovies	Sardines	All big fish	Smoked fish
Chicken	Turkey	Pig	Smoked meat
Eggs	Beef	Processed meat	Tuna
Herring	Lamb	Salmon (farmed)	
Salmon (wild)	Venison	Shellfish	

Dairy:

Butter	Yogurt	Cheese	Sour cream
Ghee	Buttermilk	Cream	Whey isolate
Kefir	Goat cheese	Ice-cream	
Raw milk	Whey concentrate	Pasteurized Milk	

Nuts & Seeds:

Almonds	Flax seed	Pumpkin seeds	Cashews
Brazil nuts	Hazelnuts	Sesame seeds	Peanuts
Chestnuts	Hemp seeds	Sunflower seeds	Pecans
Chia seeds	Macadamia nuts	Nut milks	Pistachios
Coconut	Pine seeds	Nut butters	Walnuts

Herbs, Spices & Condiments:

Apple cider vinegar	Himalayan salt	Thyme	Relishes
Basil	Lemon juice	Turmeric	Salad dressings
Black pepper	Lemongrass	Barbecue sauce	Shrimp sauce
Cayenne pepper	Marjoram	Chili sauce	Soy sauce
Chilies	Mint	Hoisin sauce	Sriracha sauce
Cilantro	Mustard powder	Horseradish sauce	Steak sauce
Cinnamon	Nutmeg	Hot sauce	Tamari
Clove	Oregano	HP sauce	Tomato sauce
Coriander	Paprika	Ketchup	White vinegar
Cumin	Parsley	Mayonnaise	Worcestershire sauce
Curry	Rosemary	Mustard sauce	
Dill	Sage	Nutritional yeast	
Garlic	Sea salt	Oyster sauce	
Ginger	Tarragon	Pickled vegetables	

Fat & Oils:

Almond oil	Ghee	Sesame oil	Soybean oil
Avocado oil	Grapeseed oil	Beef bone broth	Sunflower oil
Butter	Hemp oil	Canola oil	Vegetable oil
Chicken bone broth	Macadamia oil	Fake butter spreads	
Coconut oil	Olive oil	Margarine	
Flax oil	Pumpkin oil	Safflower oil	

Sweeteners:

Erythritol	Confectioner's sugar	Glucose	Maple syrup
Monk fruit	Carob syrup	Glucose solids	Molasses
Stevia	Castor sugar	Golden sugar	Muscovado
Xylitol	Date sugar	Golden syrup	Panocha
Agave syrup	Dehydrated cane sugar	Granulated sugar	Powdered sugar
Barley malt	Demerara sugar	Grape sugar	Raw sugar
Barbados sugar	Dextran	High fructose corn syrup	Refiner's syrup
Beet sugar	Dextrose	Honey	Rice syrup
Brown sugar	Diastatic malt	Icing sugar	Sorbitol
Buttered syrup	Diatase	Invert sugar	Sorghum syrup
Cane juice	Ethyl maltol	Lactose	Sucralose
Cane sugar	Free flowing brown sugar	Malt	Sucrose
Caramel	Fructose	Maltodextrin	Sugar (granulated)
Coconut sugar	Fruit juice	Maltose	Treacle
Corn syrup	Fruit juice concentrate	Malt syrup	Turbinado sugar
Corn syrup solids	Galactose	Mannitol	Yellow sugar

Fermented Foods:

Apple cider vinegar	Pickles	Kvass	Seitan
<u>Kefir</u>	Sauerkraut	Miso	Tofu
Kimchi	<u>Yogurt</u>	Natto	
Olives	Kombucha	Tempeh	

Drinks:

Chicory coffee	Green tea	Black tea	Soda
Filtered water	Matcha	Cocoa	Diet soda
Herbal teas	Nut milks	Coconut water	Fruit juices
Decaf coffee	Vegetable juice	Coffee	Sweetened drinks

Alcoholic Drinks:

Beer	Cocktails	Spirits
Cider	Liquors	Wine