



# Choose Joyful Health

Move well. Feel good. Do what matters.

Eat Well. Start Now.

## Grocery List

Choose Organic

### Produce

- Apples
- Avocado
- Bananas
- Beets
- Bell & HotPeppers
- Berries
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumber
- Cherries Tomatoes
- Eggplant
- Garlic / Ginger / Turmeric
- Grapes
- Greens: Kale, Bok Choy, Lettuce, Spinach, Collards, Chard, Salad Mix
- Herbs: Cilantro / Parsley
- Lemon / Limes
- Miso
- Mushrooms
- Oranges
- Onions
- Peaches & Nectarines
- Pears
- Radishes
- Sprouts
- Strawberries
- Sweet Potatoes / Potatoes
- Tomatoes
- Tempeh
- Yellow Squash
- Zucchini
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Bakery & Grains

- 100% Whole Grains
- Sprouted Grain Bread
- \_\_\_\_\_
- \_\_\_\_\_

### Raw Unsalted Nuts & Seeds

- Peanuts and Peanut Butter
- \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_

### Frozen

- Veggies
- Edamame

### Dairy & Eggs

Best to buy local, organic, whole fat & learn about labels!

- Whole fat milk (Raw is best)
- Whole fat yogurt
- Cheese
- Eggs
- Butter or Ghee

Next best are products from cows not treated with bGH, rBGH, bST

### Meats & Seafood

Buy local from known source.  
Meats: Organic is most meaningful label.  
Seafood: Marine Stewardship Council (MSC) Certified, Sustainable, Wild-caught

### Read all labels

Avoid these oils:

- X Canola, Corn, Cottonseed, Grapeseed, Hydrogenated Oils, Palm Kernel Oil, Safflower, Sesame, Soybean, Sunflower, Vegetable Oil, Walnut

### Packaged Foods

- Beans (BPA-free cans)
- Beans (dried)
- Coconut Milk & Coconut Oil
- Coffee/Tea
- Grains
- Ketchup/Mustard
- Olives
- Organic Olive Oil, cold-pressed in glass jar
- Pasta
- Pesto Sauce
- Pickles
- Raisins
- Salad dressing (olive oil only)
- Sauerkraut (no sugar)
- Soy Sauce
- Soups & Broths
- Spaghetti Sauce
- Spices
- Tahini
- Tamari
- Tuna/Salmon can-wild caught
- Vinegar
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Household

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_