

FUEL YOUR —OPTIMAL SELF— SHOPPING LIST

VEGETABLES

Artichoke
Arugula
Asparagus
Avocado
Beets/Beet Greens
Bell Peppers
Bok Choy
Broccoli
Broccoli Rabe
Brussels Sprouts
Cabbage
Carrots
Collards
Cucumbers
Eggplant
Endive
Fennel
Fiddlehead Ferns
Garlic
Green Beans
Jerusalem Artichoke
Jicama
Kale
Kohlrabi
Leeks
Mushrooms
Mustard Greens
Olives
Onions
Parsnips
Peppers (all kinds)
Pumpkin
Purslane

Radish
Romaine Lettuce
Rutabaga
Sea Vegetables
Spinach
Swiss Chard
Tomatoes
Turnip Greens
Watercress

STARCHES IN MODERATION

Cassava
Potatoes
Sweet Potatoes
Wild Rice
Yams
Taro

FISH

Anchovies
Bass
Catfish Cod
Eel
Haddock
Halibut
Herring
Mackerel
Mahi Mahi
Monkfish
Mullet
Northern Pike
Orange Roughy
Perch
Red Snapper

Rockfish
Salmon
Sardines
Tilapia
Tuna
Walleye
Any other wild fish

SHELLFISH

Abalone
Clams
Crab
Crayfish
Lobster
Mussels
Oysters
Prawns
Scallops
Shrimp

MEAT & POULTRY

Beef
Chicken
Goat
Lamb
Pork
Game Meat
Alligator
Bear
Buffalo
Caribou
Duck
Elk
Emu
Goose

Pheasant
Kangaroo
Ostrich
Quail
Rabbit
Snakes
Turkey
Venison

ORGAN MEAT

Hearts
Kidney
Liver
Bone
Marrow
Sweetbreads
Tongue

EGGS

Chicken
Duck
Emu
Goose
Pheasant
Quail
Roe/Caviar
Other Bird Eggs

NUTS & SEEDS

Almonds
Brazil Nuts
Hazelnuts
Macadamia

Note: Some food choices listed above might be endangered or unsustainable. Please use discretion when making selections.

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<ul style="list-style-type: none"> Pecans Pine Nuts Pistachios Pumpkin Seeds Sesame Seeds Sunflower Seeds Walnuts Derivative Butters 	<ul style="list-style-type: none"> Cantaloupe Cherries Coconuts Figs Goji Berries Grapefruit Grapes Guava Honeydew Melon Kiwi Lemon Lime Lychee Mango Nectarine Orange Papaya Passion Fruit Peaches Pears Persimmon Pineapple Plums Pomegranate Rhubarb Star Fruit Strawberries Tangerine Watermelon All other fruits 	<ul style="list-style-type: none"> Black Pepper Cayenne Pepper Chili Pepper Cilantro Coriander Seeds Cinnamon Cloves Cumin Dill Fennel Ginger Mint Mustard Seeds Nutmeg Oregano Paprika Parsley Peppermint 	<p>OTHER</p> <ul style="list-style-type: none"> Stevia Monk fruit Tamari Tea (green, black, white, oolong) <p>OTHER IN MODERATION</p> <ul style="list-style-type: none"> 100% Full Fat Cream Cheese Coffee Grass-fed & Organic Full Fat Yogurt/Greek Yogurt Coconut Milk Yogurt Alternative Cashew Milk Yogurt Alternative Almond Milk Yogurt Alternative <p>OCCASIONAL INDULGENCES</p> <ul style="list-style-type: none"> Dark Chocolate
<p>HEALTHY FATS & OILS</p> <ul style="list-style-type: none"> Avocado Oil Extra Virgin Avocado Oil Butter/Ghee Coconut Oil/Milk Lard Macadamia Oil Olive Oil Sesame Oil Tallow Unprocessed Palm Oil 	<p>SPICES & HERBS</p> <ul style="list-style-type: none"> Anise Basil 	<p>CONDIMENTS & DRESSINGS</p> <ul style="list-style-type: none"> Avocado oil mayonnaise Avocado oil dressings Olive oil dressings Vinegar Clean/organic/low sugar ketchup, BBQ sauce, steak sauce, mustard 	
<p>PREFERRED FRUIT</p> <ul style="list-style-type: none"> Blackberries Blueberries Boysenberries Cranberries Gooseberries Raspberries 			
<p>OTHER FRUITS</p> <ul style="list-style-type: none"> Apple Apricot Banana 			

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