



guides

this is not an all-inclusive list!
there may be vegetables, fruits, etc.
not listed here. if it's in our five food
groups, enjoy!

shopping list

meats opt for nutrient-dense upgrades such as skin on, bone in, and quality upgrades such as: hormone antibiotic free; organic; wild-caught seafood

beef	pork	poultry	seafood		other
- ground beef - cuts - roasts - beef liver and other organ meats	- pork chops - tenderloin - bacon - pork sausage	- eggs - legs - wings - chicken sausage - breasts (ok)	- salmon - tuna - oysters - shrimp - sardines	- scallops - mackerel - crab - clam - freshwater fish	- bison - buffalo - wild game - organ meats

produce pick-and-choose your battles with quality! learn which produce to get organic. always opt for the best quality you can afford. store-bought organic is your first upgrade, followed by Farmers Markets.

#safestarches	low-starch vegetables			fruits	
- sweet potatoes - yams - taro root - white rice - squashes	- arugala - asparagus - bok choy - broccoli - brussels sprouts - cabbage - carrots	- cauliflower - celery - greens - cucumbers - radishes - eggplant - garlic	- green beans - onions - kale - lettuce - mushrooms - peppers - spinach	- lemons - limes - apples - avocados - bananas - berries of all kinds - grapefruit	- kiwi - grapes - figs - pears

healthy fats go for top quality fats! organic, cold-pressed, from naturally-raised sources.

sweeteners use in moderation!!!

for cooking / eating	for drizzling / eating	optimal	ok
- pasture/grass-fed butter - organic, cold-pressed coconut oil - grass-fed ghee - animal fats such as lard, tallow, and other animal fats	- olives / olive oil - avocado / avocado oil - macadamia nut oil - sesame oil - walnut oil	- raw, local honey - maple syrup, grade b - molasses - Stevia (green leaf or extract) - organic dates	- organic fruit juice - organic cane sugar - organic brown sugar - turbinado

odds & ends quality matters!

nuts / seeds / butters	quality #fullfatdairy	frozen	#properlypreparedlegumes
- almonds - brazil nuts - macadamia nuts - pecans - pine nuts - pistachios - pumpkin seeds - sesame seeds - sunflower seeds - walnuts	hormone antibiotic free at a minimum. organic is optimal. grass-fed if you can find it. - cheeses - plain and greek yogurt - heavy cream - sour cream - cream cheese - raw milk - ice cream - organic non-homogenized milk	- vegetables - fruits - ice cream pantry - spices & seasonings - canned olives - coconut milk - herbal teas - organic coffee - Stevia (green leaf or extract)	- adzuki beans - black beans - anasazi beans - fava beans - garbanzo beans (chickpeas) - kidney beans - lima beans - peas - lentils



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MY Shopping List

PBRF starter kit

- ☐ Concentrace trace mineral drops
- ☐ Himalayan sea salt
- ☐ WF California 365 olive oil
- ☐ Nutiva organic coconut oil
- ☐ Kerrygold pastured butter
- ☐ Bragg's organic apple cider vinegar
- ☐ Let's Do Organic coconut flakes
- ☐ guides

meats (.5–1lb of most)

- ☐ 2 dozen organic eggs (cheapest)
- ☐ slab bacon
- ☐ black forest bacon
- ☐ sun dried tomato basil sausage
- ☐ pork andouille sausage
- ☐ pork chorizo sausage
- ☐ 2lbs ground beef (in 1lb packs)
- ☐ boneless chicken thighs
- ☐ 1/4lb organic chicken liver

produce

- ☐ 1 green cabbage
- ☐ 1 2lb bag of carrots
- ☐ 2 or 3 onions
- ☐ garlic
- ☐ bag of organic lemons
- ☐ 3 avocados
- ☐ box of organic greens / Mesclun
- ☐ 3 sweet potatoes

spices (doesn't have to be organic)

- ☐ Himalayan sea salt
- ☐ organic black pepper
- ☐ organic smoked paprika
- ☐ organic chipotle powder
- ☐ organic garlic powder (not salt)
- ☐ organic onion powder

odds & ends

- ☐ almond butter
- ☐ NuttZo Seven Nut & Seed Butter
- ☐ WF 365 organic coconut milk
- ☐ WF 365 organic thai jasmine white rice
- ☐ organic garlic powder (not salt)
- ☐ organic onion powder

dairy

- ☐ Organic Valley heavy cream
- ☐ organic cream cheese (cheapest)
- ☐ Strauss full fat plain yogurt
(add frozen berries)

frozen

- ☐ organic spinach
- ☐ organic vegetable medleys
- ☐ organic berries
- ☐ organic fruit medleys
- ☐ organic butternut squash

BOBAR Salad

- ☐ broccoli
- ☐ cauliflower
- ☐ asparagus
- ☐ red cabbage (or green)
- ☐ radishes
- ☐ red onion
- ☐ red bell pepper
- ☐ olives (canned)
- ☐ pickled jalapeños (optional)
- ☐ olive oil
- ☐ Bragg's apple cider vinegar

other...

- [illegible]



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