



Grocery List

#1 SUGAR

Add Low sugar glycemic content foods: coconut palm sugar, monk fruit, xylitol, and stevia.

High glycemic sugar substitutes: honey, organic brown sugar

Eliminate refined white sugar and aspartame (Equal, SweetnLow, NutraSweet, Canderel).

#2 FLOUR

Add Gluten-free flour blends, almond flour, coconut flour, recipes, and baking pans

Eliminate white refined flour, wheat flour, packaged foods

#3 MILK

Add Almond milk, Hemp milk, Cashew milk

Eliminate dairy, cow's milk, cheese

#4 WHEAT

Add Nuts, Seeds and Organic Grains

Nuts: coconuts, pistachios, almonds, pecans, hazelnuts, brazil nuts, pinenuts, walnuts, cashews.

Seeds: chia, sunflower, flaxseed or flaxseed oil

Organic grains

Omegas 3-6-9

Eliminate wheat, wheat flour, packaged foods

#5 ARTIFICIAL TO FRESH LIVE FOOD

Add The real deal! Fruits, vegetables, pure organic cheese (without dyes or preservatives).

Eliminate Artificial Anything: Artificial flavoring, food coloring, and kraft or pump, nacho = "not yo" cheese.

#6 FATS AND OILS

Add Organic oils, coconut oil, olive oil, fish oil, flaxseed oil, organic butter

Eliminate hydrogenated fats and oils, margarine, canola oil, vegetable oil, soy