**Grocery Shopping for Better Health**

**To have at home:**

Olive Oil – Extra Virgin, Cold Pressed, Maximum Acidity 0.8 and should come in a Dark Glass Bottle. Keep it in a Cool, Dark Place. Use for dressings or add it after your food is already cooked.

Coconut Oil – Cold Pressed, Unrefined or Virgin/Extra Virgin. Buy in a Glass Container.

Organic Unpasteurized Apple Cider Vinegar with the Mother.

Tip: Many People can have improved Digestion and other Benefits from a Glass of Water with 1 Tbsp of ACV every morning on an Empty Stomach. Try it and see how you feel, but remember - as everything else - it doesn’t work for everyone. Stop if you have discomfort while or after drinking it.

Unsalted, Raw Nuts and Seeds – If you buy in Bulk, keep it in the Freezer. Try to Soak overnight and Rinse your Nuts and Seeds for better Absorption and Increased Nutrient and Enzyme Availability. Best types are Pumpkin Seeds, Sunflower Seeds, Walnuts, Pecans, Almonds (Remove Skin when possible) and Brazil Nuts.

Tip: Eat 1 or 2 Brazil Nut a day for your 100% RDI Selenium Intake.

Raw Nut and Seed Butters – Especially Almond, Whole Sesame (Tahini) and Hazelnut. Coconut Butter also makes a Delicious Spread.

Tip: Notice that many Spreads have added Sugars or Salt. Choose 100% pure Nut/Seed Butters.

Flax Seeds and Chia Seeds – These are Rich in Omega 3 Fatty Acids which are Amazing for Brain Health!

Tip: You can Substitute Eggs for Flax or Chia Eggs in almost every Baked Good. Just mix 1 Tbsp of the Seeds with 3 Tbsp of Water, wait at least 15 Minutes and mix in your batter. The ratio is 1:1 Medium Egg.

Sauerkraut, Kimchi or any Fermented Foods that are full of Natural Probiotics!

Grains and Seeds: Quinoa, Amaranth (These 2 are cooked as Grains, but they are actually Seeds). These are also better absorbed when Soaked (and Rinsed) before cooking. I also recommend Buckwheat, Millet and Teff, but my personal Favorite Choice will always be Quinoa or Amaranth.

Rolled Oats (Not the Instant Type)

Brown Rice is my Option when eating out, as it is more common in Restaurants so I cook it less at home.

Tip: There has been a big Controversy over the Arsenic in Rice. That’s why I always recommend Soaking Rice (even White Rice) and Cooking it in a 6 to 1 Water to Rice Ratio. This way, Arsenic levels are lower in the Cooked Rice.

Legumes: Beans and Lentils. Buy different types so you can have the benefits of all the properties each of them offer.

Tip: If you are eating Legumes at night, have the red or orange Lentils. They are smaller in size and easier to digest than other Legumes.

Spices: Especially Turmeric but all Spices have Amazing Properties...Coriander Seeds, Anise, Cumin, Sumac, Curry Powder, Oregano, etc...

Tip: This is something you should never buy in Bulk. Try to buy Organic and check it is 100% the Spice you are buying. Many times Flour or ground Rice is added to make the Product more profitable.

**This vegetable and Fruit list is for 2 people, for one week. I recommend going twice a week to buy the products so you can get fresher ingredients (Just divide the list in 2 parts)**

Head of Broccoli

Head of Cauliflower / One Cabbage

4 Avocados

2 Celeries

3 Endives / 2 Kohlrabies

4 Beetroots

2 boxes of Sprouts (Each Box is Approximately 300 grams)

1 kg of Lemons/Limes

1 kg Carrots

1 kg Onions

2 Garlic Heads

3 kg of all kind of Leafy Greens like Parsley, Cilantro, Spinach, Dark Green or Purple Lettuce (All Lettuce types are OK besides Iceberg which is low in Nutrients), Basil, Beets Leaves, etc…

3 kg of other Vegetables (Tomatoes - Cherry are best, Bell Peppers, Cucumbers, Pumpkins, Sweet Potatoes, etc…)

1 to 1.5 kg of Fruits – Best are Kiwis, All Types of Berries, Pears and Green Apples

I know this list seems like a lot, but Veggies should be your #1 Food in terms of Volume.

**What do I recommend to eat in a Day?**

**FOR EVERYONE:**

**Vegetables and Fruit:**

At least 200 grams of Leafy Greens a day (about 7 loose cups)

At least 1 cup of Cruciferous Vegetables (Family of Broccoli, Cauliflower, Kohlrabi, Cabbage, Brussels sprouts, etc...)

2 to 3 portions of other Veggies (For example 1 Cucumber, a cup of chopped Celery and 1 Pepper)

At least 1 Tbsp of a Fermented Food

1 or 2 Fruits. If having berries, a portion is ½ cup (If you are having lots of vegetables you can omit the fruit)

**Healthy Fats**

At least 6 Tbsp of Healthy Fats like Olive Oil, Flax Seeds, Chia Seeds + Half Avocado + Handful of Nuts/Seeds

**PLUS**

**If you are Vegan:**

Quantity is very personal but the average person should consume 1 cup and a half of cooked Legumes and cooked Grains.

Grains/Seeds: Quinoa, Amaranth, Oats, Buckwheat, etc...

Legumes: Beans, Peas, Lentils, or Tofu (Be sure to buy Non GMO). When having a dip like Hummus you cut the quantity in 2

Legumes plus Grains (For example rice and beans) make a whole Protein (Like Animal Products). Tofu, Quinoa, Amaranth have already all the Amino Acids to create a full Protein.

**If you are Vegetarian:**

1 to 2 Eggs per day, not more than 10 Eggs per Week

100 grams of Cheese per Day

**If you are a Carnivore:**

Up to 200 grams of Meat/Chicken/Fish per day. I recommend having them not more than 5 times a week, and have Legumes + Grains twice a week for a complete Protein

**For Animal Products, I recommend these Guidelines:**

Buy Pasture Raised Organic Eggs

Buy Organic Cheese. Preferably from Goat or Sheep’s Milk. Fat Percentage should be between 5% and 20%

If you buy Meat or Chicken buy Organic, Free Range and Antibiotic Free

If you buy Fish look for Wild Caught

**An example of what I eat in a day:**

**Breakfast:**

Half Avocado with pesto (my pesto has 3 to 4 cups of greens), sprouts and one homemade gluten free oat-blueberry muffin.

Herbal Tea

**Lunch:**

Huge Salad with green leaves and lots of colorful vegetables, with chickpeas. Dressing is olive oil and freshly squeezed lemon juice.

A small square of 85% Dark Chocolate.

**Dinner:**

Vegetable stew with quinoa + 2 vegetables

Plus 2 liters of water and herbal teas through the day