

Grain Brain Shopping List

- ☐ Spinach
- ☐ Onions
- ☐ Broccoli
- ☐ Avocado
- ☐ Bell Pepper
- ☐ Kale
- ☐ Mixed Greens
- ☐ Brussels Sprouts
- ☐ Asparagus
- ☐ Olive Oil
- ☐ Coconut Oil
- ☐ Almonds
- ☐ Walnuts
- ☐ Shredded Coconut
- ☐ Goat's Cheese
- ☐ Free Range Eggs
- ☐ Wild Salmon
- ☐ Grass Fed Beef
- ☐ Free Range Poultry
- ☐ Berries (in moderation)
- ☐ Herbs and Seasonings

Quick Tips

- Shop the perimeter of the store - This will keep you out of the aisles that are mostly full of processed foods.
- Buy produce that is in season - It will be fresh, richer in nutrients, cheaper, and have a smaller carbon footprint.
- Buy organic when you can - The pesticides used to grow conventional crops are not healthy!