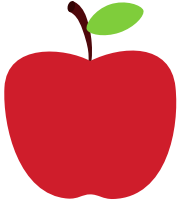


NOURISH WITH OLIVIA

GROCERY STORE GUIDE



Make a Plan & List

Before heading to the store, map out:

- >What meals you want to make
- >The ingredients for those meals
- >What bulk ingredients you have on hand
- >What bulk ingredients you need more of

Write all of this on your list (possibly by categories of meat, produce, and other) and get shopping!



Grab a Variety of Proteins

It's good to have a variety of animal proteins each week:

- >Beef roast, ground beef, steak, beef stew meat
- >Pork shoulder roast, pork loin, pork chops, ground pork
- >Chicken thighs, chicken breasts, whole chicken, ground chicken
- >Ground turkey, turkey cutlets
- >Wild caught seafood
- >Whole eggs

Use these proteins to base your meals around, and don't be afraid to try other cuts (including red meat!)



Load Up on Produce

When it comes to fresh produce, keep in mind a few principles:

- >Veggies > fruit
- >Watch for mold or wrinkles on produce you don't plan on using immediately (peppers, carrots, potatoes, etc)
- >Avocados are ripe when they give slightly to the touch and are a mix between green and brown. Squishy, and they're rotten. Green and rock hard, they'll need several days to ripen.
- >Aim for a variety of colors and don't be afraid to explore!

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Grab Your Basics

We all need cooking fats, flours, canned items, and other items to keep on hand to make cooking simplified:

- >Cooking fats: butter/ghee, coconut oil, avocado oil, olive oil
- >Flours: almond, coconut, cassava, and tigernut make great gluten-free flour options
- >Minced garlic, canned olives, soy free canned seafood, unsweetened almond/coconut milk, canned tomato products, etc

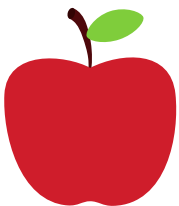


Read Your Labels Carefully

As you wander away from the produce, it's easy to get lost in the pretty labels, colors, and seemingly healthy foods. Keep these principles in mind when reading ingredient lists:

- >**Do not let sugar be the first ingredient or have several types of sugar added**
- >**Avoid vegetable, canola, soy, corn, sunflower, and rice bran oils**
- >**Watch for added gluten or soy (check bottom of ingredient list)**
- >**Avoid long ingredient lists with words you can pronounce or find in nature**

Foods to watch: nuts and seeds, nut butter, condiments, canned items, bars, chips, crackers, and other snack/specialty items



Fun Specialty Items

It's always fun to try new items, especially cleaner versions of our old favorites. Keep these brands in mind for new foods to try:

- >Simple Mills: baking mixes, crackers, cookies, frosting
- >Siete Foods: hard/soft tortillas, chips, dairy free queso, hot sauce
- >Primal Kitchen: salad dressing, mayo, BBQ, ketchup, and more
- >Applegate Farms: hot dogs, deli meat, chicken sausage, bacon
- >Epic: jerky bars, jerky, meat sticks, bone broth

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Proteins

It's hard to know what to look for on a protein label. Use this guide to help you out:

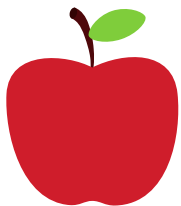
- >Beef: grass fed & finished
- >Pork: pasture raised
- >Poultry: pasture raised, organic (avoid vegetarian fed if possible)
- >Eggs: pasture raised, organic (avoid vegetarian fed if possible)
- >Seafood: wild caught
- >Canned seafood: wild caught, no added soy or vegetable oil

NOTE: If organic, pasture raised, or grass fed is out of your budget:

1. Work with a local farmer (Common Good Farms for example)
2. Try online sources like Butcherbox or Corner Post Meats
3. Don't let perfection be the enemy of the good - real food protein is better than none at all!

Easy on-the-go protein options:

- >Pre-cooked shrimp
- >Hard boiled eggs
- >Pre-cooked chicken, beef, turkey, or pork sausages (avoid added preservatives and sugar)
- >Epic brand meat bars & jerky



Cooking Oils/Fats

Hot uses: coconut oil, butter, ghee, tallow, lard, bacon fat

Low-moderate heat uses: avocado and olive oil

AVOID AT ALL COSTS (and check every label for them!):

- >Vegetable, canola, corn, soy, grapeseed, sunflower, cottonseed, rice bran, and safflower oils
- >Margarine, "lite" butters, butter spreads/blends
- >Shortening, partially hydrogenated oils

GROCERY STORE GUIDE



Healthy Fats

Nuts, Seeds, & Butters

- >Raw or dry roasted
- >No added vegetable oils or sugar
- >Added salt only

Coconut Products

- >Full fat coconut milk (canned), shredded coconut, coconut flour

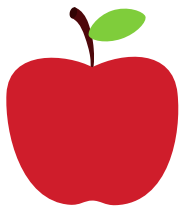
Olives

Avocado & Guacamole

Dairy

- >Plain, full fat dairy (absorb fat-soluble nutrients)

Primal Kitchen/avocado oil based condiments



Carbohydrates

Choose:

- >Non-starchy & starchy vegetables
- >Fruit

Limit:

- >Gluten free grains and legumes (beans, quinoa, rice, steel cut oats, lentils)
- >Natural sweeteners: raw honey, pure maple syrup, molasses, dates, fruit

Avoid:

- >Gluten/wheat containing grains & products (pastries, cake, cookies, crackers, bread, etc)
- >Artificial sweeteners: Acesulfame K/potassium, aspartame, saccharine, Truvia, sucralose
- >Processed, packaged, "fake" foods