

DR. KEHRES' GROCERY LIST

VEGETABLES

- Avocado
- Broccoli
- Eggplant
- Jalapeño peppers
- Kale*
- Mixed greens (a mix of spinach, lettuce, etc.)
- Onions
- Peppers* - red, green, yellow & orange
- Spinach*
- Swiss chard
- Tomatoes
- *Sometimes: zucchini, sweet potatoes*, cucumbers, asparagus, celery*, cauliflower, mushrooms, carrots, etc.*

PROTEIN

- Beef, grass-fed & local (If not, look for the leanest meat available at the grocery store because this means there will be less unhealthy fats in the meat)
- Chicken, pastured & local (See the tip above)
- Eggs, pastured & local (If not available, look for cage-free & anti-biotic free)
- Fish, wild-caught (not farmed)
 - Canned, wild Alaskan salmon
 - Canned sardines
- Turkey, pastured & local (See above beef recommendation)
- Whey protein powder (growth hormone free, anti-biotic free & no artificial sweeteners)
- Wild game, such as venison

FRUITS

- Bananas
- Blueberries* (frozen for shakes, fresh for snacking)
- Lemons
- Oranges
- Strawberries* (frozen for shakes, fresh for snacking)
- *Sometimes: grapefruit, apples*, mangoes, kiwi, peaches*, pineapple, cherries*, raspberries, etc.*

*buy organic when possible

OTHER

- Almond butter
- Balsamic vinegar
- Coconut milk, full fat
- Coconut oil
- Dark chocolate (70% cocoa or higher)
- Extra virgin olive oil
- Garlic
- Green tea
- Hot sauce
- Raw nuts (avoid peanuts)
- Spices, any & all.
- *Sometimes: red wine, pine nuts, raisins, raw & local honey, salsa, almond or coconut flour.*