

Healthy Shopping List

Courtesy of Dustin Maher

We have teamed up with local fitness expert Dustin Maher www.DustinMaherFitness.com to provide you with a large list of healthy foods to feed you and your family. You can watch Dustin regularly on NBC, ABC, and CBS as well on Public Radio. Dustin would also like to offer you another free gift, so visit his website at www.DustinMaherFitness.com and sign up for his gift and free newsletter!

This list of foods are designed for not only weight loss, but also for increased energy, and overall better health. This is by no means a complete list, but should give you a baseline of where to start. If you have special health concerns, please contact your doctor for specific nutritional advice.

<u>Vegetables</u>	<u>Aisle</u>	<u>Fruits</u>	<u>Aisle</u>	<u>Beans & Legumes</u>	<u>Aisle</u>	<u>Poultry & Lean Meats</u>	<u>Aisle</u>
Asparagus		Apples		Black beans		Beef, lean organic	
Avocados		Apricots		Dried peas		Calf's liver	
Beets		Bananas		Garbanzo beans (chickpeas)		Chicken	
Bell peppers		Blueberries		Kidney beans		Lamb	
Broccoli		Cantaloupe		Lentils		Turkey	
Brussels sprouts		Cranberries		Lima beans		Venison	
Cabbage		Figs		Miso		<u>Spices & Herbs</u>	
Carrots		Grapefruit		Navy beans		Basil	
Cauliflower		Grapes		Pinto beans		Black pepper	
Celery		Kiwifruit		<u>Fish & Seafood</u>		Cayenne pepper	
Collard greens		Lemon/Limes		Cod		Chili pepper, dried	
Cucumbers		Oranges		Halibut		Cilantro/Coriander seeds	
Eggplant		Papaya		Salmon		Cinnamon, ground	
Fennel		Pears		Scallops		Cloves	
Garlic		Pineapple		Shrimp		Cumin seeds	
Green beans		Plums		Snapper		Dill	
Green peas		Prunes		Tuna (fresh or can)		Ginger	
Kale		Raisins		<u>Low Fat Dairy</u>		Mustard seeds	
Leeks		Raspberries		Cheese, low-fat		Oregano	
Mushrooms		Strawberries		Cage free Eggs		Peppermint	
Mustard greens		Watermelon		Milk, Skim, cow's		Rosemary	
Olives		<u>Grains</u>		Milk, goat		Sage	
Onions		Barley		Yogurt (Plain)		Thyme	
Parsley		Brown rice		Cottage Cheese 2%		Turmeric	
Potatoes		Buckwheat		<u>Raw Nuts & Seeds</u>		<u>Natural Sweeteners</u>	
Romaine lettuce		Corn		Almonds		Blackstrap molasses	
Sea vegetables		Millet		Cashews		Cane juice	
Spinach		Oats		Flaxseeds		Raw Honey	
Squash, summer		Quinoa		Olive oil, extra virgin		Pure Maple syrup	
Squash, winter		Rye		Coconut oil		Xylitol/Stevia	
Sweet potatoes		Spelt		Peanuts		<u>Other</u>	
Swiss chard		Whole wheat		Pumpkin seeds		Green tea	
Tomatoes				Sesame seeds		Soy sauce (tamari)	
Turnip greens				Sunflower seeds		Water	
Yams				Walnuts		Whey Protein Powder	
						Casein Protein Powder	

Don't forget to visit www.DustinMaherFitness.com for hundreds of health related videos and articles about how you and your family can achieve optimum health!