



# Wholist

Wellness comes full circle.

## WholeYou Food Shopping List

### WholeYou Veggies

Cabbage	Broccoli Rabe	Leeks
Swiss chard	Bok Choi	Green peppers
Kale	Green bell peppers	Celery
Spinach	Mushrooms	Beets
Arugula	Olives	Canned, frozen, fresh
Dark Leafy lettuce	Cucumber	
Cauliflower	Jalapeno	<u>Be careful</u>
Kohlrabi	Artichoke hearts	<i>Onions</i>
Fennel	Okra	<i>Squash</i>
Cauliflower	Bean Sprouts	<i>Tomatoes</i>
WaterCress	Brussel Sprouts	<i>Eggplant</i>
Asparagus	Rutabaga	<i>Parsnips</i>
Mustard Greens	Snow Peas	<i>Garlic</i>
Radish	Pickles	<i>Starchy, under-ground</i>
Avocado	Sauerkraut	<i>veggies, roots</i>

## WholeYou Fruits

YES: Raspberry

Blackberry

Avocado

OKAY a little:

Rhubarb

Tomato

Starfruit

Melon/ Cantaloupe

Coconut

Starfruit

Passionfruit

Strawberry

Grapefruit

Pomegranates

Mango

Figs/ Date

*Be careful:*

*Plum*

*Lemon/ Citrus*

*Clementine*

*Kiwi*

*Apricot*

*Cranberry/ Blueberry*

*Apple / Banana*

## WholeYou Dairy (full fat)

F.Fat Greek Yogurt

Heavy Whipping Cr

Cottage Cheese

Mascarpone

Cream Cheese

Sour Cream

Crema Fraiche

Mozzarella

Brie

Blue

Monterrey/Colby

Goat

Aged cheddar

Parmesan

Feta

Swiss

Mayonnaise (real)

Full Fat Milk

Any and all EGGS

(chicken, turkey,

duck, quail)

## WholeYou Grains/ Seeds

YES FOR SURE:

Quinoa

Nut and seed flours

Almond

Chia/ Flax

Coconut

Cacao

Moderate (eventually on maintenance):

Whole grain wheat flour (stone ground mill)

Whole full grains (unrefined or processed)

NO: Processed white refined flours (bagels,

bread, baked goods, rice, pasta, etc)

## WholeYou Meat

(full fat, fresh)

### Beef

Hamburger

Steak

Roast Beef

Prime Rib

Baby Back Ribs

Corned Beef

### Pork

Unglazed ham

Pork Roast

Pork Chops

Tenderloin

Ground Pork

### Poultry (& eggs)

Chicken thighs,  
wings, legs

Chicken

tenders and  
ground

Whole Chicken

Cornish Hens

Chicken Broth

Turkey Legs

Turkey Ground

Whole Turkey

Turkey Breast

Duck/ Goose/

Pheasant/

Quail meat

Organ Meat

(wary of processed  
deli, sausage &  
bacon, etc)

## WholeYou Seafood

Anchovies

Bass

Canned Salmon/ Tuna

Catfish

Cod

Crab (real)

Flounder

Haddock

Halibut

Herring

Lobster

Orange Roughy

Clams

Oysters

Mussels

Salmon

Sardines

Scallops

Shellfish

Shrimp

Sole

Tilapia

Trout

Tuna

MahiMahi

Snapper

Squid

Mackerel

## WholeYou Extras

### *Condiments/ Sauces/*

### *Dressings*

*No added sugar*

Unsweet'd nut butter

(see nuts for type)

Ketchup (no sugar added)

Mustard

Hot Sauce

Sauerkraut

Relish

Horseradish

Worcestershire sauce

Sugar Free syrup

Soy Sauce

Vinegar

Italian

Lemon Juice

Lime Juice

Low carb salsa

Fat full Salad Dressings

## WholeYou Spices

All Spice

Basil

Cilantro

Cajun Spice

Capers

Cayenne/ Chili

Cinnamon

Cream of Tartar

Cumin

Dill

Garlic Powder

Horseradish

Hot Sauce

Onion Powder

Oregano

Parsley

Paprika

Pepper

Pumpkin Spice

Rosemary

Thyme

Turmeric

## WholeYou Nuts/Seeds

### Fatty low carb nuts

Macademia

Brazil

Pecans

### Fine in moderation:

Almond

Walnuts

Hazelnuts

Peanuts

Pine Nuts

## WholeYou Fat/Oil

### Yes:

Olive Oil

Coconut Oil

Avocado oil

Macademia oil

### Fine in moderation:

Mayonnaise

Tallow, butter, lard

Bernaise, hollandaise

Duck Fat

## WholeYou Beverages

Water!!!

Bone broth

Veggie broth

Sweetened water with real fruits / veggies

Tea- herbal, green, oblong

Coffee

Moderate:

Coconut, cashew, almond milk (unsweetened)

Sweetened water with with stevia or Sucralose

Full Fat Milk

Alcohol (red wine, hard alcohol)

## WholeYou Sweeteners (if you must)

Stevia

Sucralose

Erythritol

Monk Fruit

### WATCH OUT:

- Actual sugar with different sneaky name = fructose, sucrose, maltose, dextrose, molasses, hydrolyzed starch, honey, cane sugar, glucose, high fructose corn syrup, brown sugar, corn sweetener, rice/ corn/ cane/ maple/ malt/ golden/ palm syrup, agave nectar
- Mixed drink sugars, beer, soda, added sugars