



Be Nourished Shopping List

Meeting your nourishment needs starts with eating “whole foods” not “food product.” This shopping list is a guide to help you fill your grocery cart with whole foods—foods with minimal processing and natural ingredients—while helping you avoid food product—processed food that contains synthetic/manufactured ingredients that you couldn’t buy at the grocery store.

VEGETABLES

(2x/day, ½ plate)

- Fresh or frozen
- Limit canned
- In-season

WHOLE GRAINS

(3x/day)

- Whole grain bread
- Whole grain crackers (WASA, Ak Mak, Rye Crisps, Mary’s Gone Crackers)
- Whole wheat tortillas
- Whole wheat pitas
- Brown rice, wild rice
- Whole wheat pasta or unhulled barley, bulgur, quinoa, whole wheat couscous
- Oatmeal (unflavored; not instant)
- Grape Nuts
- Shredded Wheat
- Uncle Sam breakfast cereal
- Puffed brown rice
- Organic popcorn kernels

FRUIT

(1 to 2 pieces or cups/day)

- In season
- Fresh or frozen
- Limit canned

PROTEINS

(3+ sources each day)

- Peanut Butter (peanuts + salt only), no palm oil or sugar
- Skinless chicken breast
- Fish or shrimp (not fried)
- Fresh turkey breast
- Ground turkey breast
- Lean ground meat
- Steak/game
- Beef or pork loin/round cuts
- Eggs
- Beans
- Nuts/seeds (dry roasted/unsalted)
- Tofu

DAIRY AND MILK

(2 to 3x/day)

- Milk
- Plain yogurt
- Cottage cheese or Ricotta cheese
- Swiss, Cheddar, Mozzarella, Specialty cheeses

CONDIMENTS

- Mustard
- Vinegar
- Mayo (olive or canola based)
- Herbs and spices (dried/fresh)
- Oils
- Salt and pepper
- Items without sugar

ADDITIONAL ITEMS

- Spices
- Coffee, Tea
- Butter
- Cooking oils (unrefined/cold pressed)
- Half and Half
- Honey (1 tsp at a time)
- Organic cane sugar (use sparingly)
- Grade A Maple Syrup (1 tbsp at a time)
- Molasses

FAVORITE TREATS, EATING OUT

- Only after other needs are met

