

**THE NUTRIENT
DENSE FOODS**

***SHOPPING
LIST***



Δ ACTIVE REMEDY



How to use this shopping list

This is a comprehensive shopping list of all the foods you can buy in order to implement our meal plan.

It has all the ingredients you need for our recipes but much more in case you like to improvise with your own recipes.

The main principle we had in creating this list was: EAT REAL FOOD.

There are no processed, industrialized foods here. Only foods that are as close as possible to their natural form in nature.

The foods in this list are nutrient dense and these are the foods that will serve your body, keep you energized and focused.

Again – we highly recommend that you read our eBook [The Nutrient Dense Diet](#) to get a deeper knowledge about what is real food and the principles mentioned above.

VEGETABLES

LOW CARB			STARCHY VEGETABLES	
Asparagus	Carrots (uncooked)	Green beans	Beet	
Arugula	Cauliflower	Sugar snap peas	Carrots (cooked)	
Bok Choy	Chard	spinach	Parsnip	
Beet greens	Celery	Sprouts	Pumpkin	
Broccoli	Cucumbers	Tomatoes	Butternut squash	
Brussels sprouts	Dandelion	Zucchini	Sweet potatoes/yams	
Cabbage red/green	Fennel	Mushrooms: Cremini, Shitake, oyster.	Turnip	
Lettuce	Onions: white/red			
Spring onion				

FRUIT/ NUTS AND SEEDS

			NUTS AND SEEDS
Apples	Kiwi	Pomegranate	Almonds
Apricots	Lemon	Raspberries	Brazil nuts
Bananas	Lime	Strawberries	Cashews
Cherries	Melon	Tangerines	Hazelnuts
Figs	Nectarines	Watermelon	Macadamia nuts
Grapefruit	Oranges		Pistachios
Grapes	Papaya		Flax seeds
Avocado			Pine nuts
			Pumpkin seeds
			Sesame seeds
			Walnuts

HERBS AND SPICES

HERBS	SPICES	
Basil	Allspice	Curry powder
Cilantro	Black/white pepper	Cayenne
Dill	Cardamom	Garlic
Oregano	Chili powder	Ginger
Parsley	Cinnamon	Nutmeg
Rosemary	Cloves	Paprika/smoked paprika
Sage	Coriander	Sea salt
Thyme	Cumin	Turmeric

MEAT AND FISH

BEEF	LAMB	PORK	CHICKEN	TURKEY	FISH
Ground	Ground	Ground	Whole	Breast	Salmon
Steak	Steak	Shoulder	Leg	Bacon	Halibut
Chuck roast	Shoulder	Butt	Thigh		Code
Brisket	Shank	Ribs	Breast		Sole
Offal	Loin	Ham	Drumstick		
Bones for broth	Offal	Offal	Bones, backs, necks for broth		

CANNED/JARRED FOODS

WHAT YOU NEED TO KNOW ABOUT CANNED/JARRD FOODS:

- ❖ ALWAYS read the labels – most importantly, the ingredient list. Make sure it's a short list, not more than 4-5 ingredients.
- ❖ If you don't recognize the ingredients or you can't pronounce some of their names – don't buy it.
- ❖ If the list includes abbreviations, numbers and letters – these are usually additives, preservatives, coloring materials and chemicals, you don't want to eat.
- ❖ Don't pay too much attention to the claims on the front label. Health claims on a label can be misleading and dishonest. Don't assume that labels like "Natural" or "Heart healthy" and even "Organic" necessarily mean you're holding a healthy product. The ingredient list on the back will tell you the real story.
- ❖ Don't buy foods with added sugar of any kind. Not even "healthy" sugar alternatives like honey, agave nectar, maple syrup or coconut sugar.

CANNED/JARRED/PACKAGED FOODS

GRAINS	PRESERVED FOODS		DRINKS	COOKING OILS
Rice: basmati, Jasmin	Apple cider vinegar	Tomato paste	Almond, cashew milk	Avocado oil
Rice noodles	Balsamic vinegar	Tomatoes - canned	Club soda	Olive oil
Quinoa	Canned tuna	Wine vinegar	Coffee (unsweetened)	Coconut oil
	Capers	Olives	Tea– green, black, oolong, white-unsweetened	Butter
	Cocoa powder 100%	Tahini	Herb teas - unsweetened	Ghee
	Fish sauce	Bone broth: chicken/beef.	Water – pure/sparkling	Lard (pork fat)
	Mustard	Protein powder: Whey/plant based		Tallow (beef fat)
	Pickles	Chia Seeds		
	Rice vinegar	Dried Fruits		
	Sauerkraut			

EGGS AND DAIRY

EGGS	DAIRY
Chicken eggs	Cow milk cheese: Cottage, Swiss, Cheddar, Mozzarella.
Duck eggs	Goat milk cheese
	Yogurt - cow/goat
	Kefir