

# SUPER FOODS

## GROCERY SHOPPING CHEAT SHEET

### PROTEINS:

1. Whole eggs (pasture raised)
2. Grass-fed Beef
3. Wild Salmon
4. Oysters
5. Wild game meat (buffalo, venison, elk)

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### CARBOHYDRATES (VEGGIES):

1. Organic beets
2. Dark leafy greens (kale, swiss chard, spinach)
3. Cruciferous veggies (broccoli, cauliflower, cabbage)

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### CARBOHYDRATES (FRUIT/STARCH):

1. Berries (black, raspberries, blueberries)
2. Sweet potato
3. Butternut squash
4. Plantain

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### HEALTHY FATS:

1. Coconut oil
2. Cod liver oil
3. Grass fed butter
4. Avocado
5. Extra virgin olive oil

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### BEVERAGES:

1. Matcha green tea
2. Kombucha (fermented tea)

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### MISC:

1. Saurkraut
2. Kimchi
3. Grass fed yoghurt (plain) and kefir
4. Liver from grass fed animals
5. 85% or darker chocolate
6. Ginger
7. Garlic
8. Tumeric

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### NOTES:

1. Emphasis of these foods will help to supply essential vitamins and minerals
2. Combine foods from each category to build a perfect meal
3. For fat loss focus on veggies and limit fruit and starches to 1 hand sized serving per day
4. Misc items do not need to be combined with meals but can be included
5. For more free resources visit [Limitless365](http://Limitless365.com) free resources

