

## New Day Whole Health Better Food Options Grocery List

*(As much as possible organic, free range, wild caught/naturally raised  
Note: some items on this list may not be ok for YOU—omit if needed)*

- Fruit – Focus on Organic Low Glycemic fresh or frozen fruits – *Limit to 1-2 servings/day*
- Vegetables – Focus on a wide variety of veggies. Try something new weekly! Avoid GMO. *Incorporate 5-10 servings/day*
- Organic or Naturally Raised Deli Meats
- Raw or sprouted nuts and seeds (almonds, pecans, walnuts, brazil nuts (for thyroid support), macadamia nuts, nut butters, tahini, sun flower seeds, pumpkin seeds, chia seeds, ground flax seed)—Avoid cashews/peanuts—high in molds
- Wild caught fresh or frozen fish that is low in mercury
- Wild caught canned sardines/anchovies/mackerel/herring
- Raw Cow or Goat Cheese
- Goat Kifer
- Organic Grass-fed Butter
- Organic Tempeh
- Organic Miso
- Grapeseed Vegenaize (Mayo—in refrigerator section)
- Olive Oil for salad dressings
- Coconut oil for cooking/grilling/baking
- Gluten free flours for baking (almond meal, coconut flour, brown rice flour, etc)
- Herbs and spices—fresh and/or dried
- Organic unrefined Real Salt
- Beans (Legumes/lentils) of all kinds if tolerated—avoid large legumes
- Whole grain Brown Rice, Wild Rice, Quinoa, Teff
- Organic Gluten Free Steel Cut or Rolled Oats
- Lacto Fermented Sauerkraut, Pickles, Kimchi or other
- Black, Green or Other Olives
- Pure Organic Maple Syrup/Raw Organic Local Honey (use sparingly)
- Canned coconut milk/Coconut butter/Coconut
- Pacific Organic Bone Broth (carton)
- Organic Grass Fed Ghee
- Organic stone ground mustard (no white vinegar)
- Unsweetened Almond milk (for minimal use)
- Herbal Teas as desired (use daily for digestive/adrenal/detox support)
- Matcha Green Tea—daily for antioxidant
- Sprouted Organic Corn Tortillas
- Lundeberg Rice Chips
- Sprouted Grain Chips
- Organic Sea Salt Potato Chips
- Whole free-range chicken for bone broth soup or an organic rotisserie
- Free Range Organic eggs
- Free Range beef/bison/lamb/bones & meat for bone broth soup
- Berlin Bakery Sourdough Spelt (no yeast) or other if you can find no wheat/no yeast Sourdough
- Red Wine