

GROCERY



Baton Rouge General and fire department professionals have partnered to provide you with this healthy shopping list. The recommended items on this list will help you prepare healthier meals that the whole family will enjoy. So go ahead and fill that basket with a variety of fresh, unprocessed foods that we've made easy to find around the store. To help you with planning, the list is broken down into categories including protein, fruits, vegetables, seasonings, drinks and snacks.

PROTEIN



Bacon (nitrate-free, preservative-free)

Beet

Canned tuna or salmon (in water)

Cheese Chicken

CHICKEH

Collagen peptides

Deli meats (nitrate-free, preservative-free)

Eggs Pork

Sausage (nitrate-free, preservative-free)

Shellfish

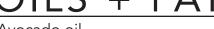
Turkey

Whey protein

Wild-caught fish

Wild game (duck, goose, etc.)

OILS + FATS



Avocado oil

Butter (stick; not margarine)

Coconut oil

Flax seed oil

Land-O-Lakes® olive oil butter

Olive oil dressings

Olive oil mayonnaise (best to make

homemade)

Macadamia oil

Olive oil

Pine nuts

Primal Kitchen® Dressings and Marinades

Walnut oil

VEGETABLES

Asparagus Broccoli

Brussels sprouts

Cabbage Carrots

Cauliflower (all types including riced and

mashed) Celery

Collard greens

Cucumbers
Eggplants
Endive

Green beans Green peas

Kale Leeks Legumes Lentils

Lettuce (deep green)

Mushrooms Mustard greens Peppers (all types)

Radishes Snow peas Spinach

Squash (all types) Sweet potatoes

Tomatoes
Turnip greens
Yellow squash
Zucchini (all types
including spirals)



Apples

Avocado

Berries (all varieties)

Cherries

Coconut (unsweetened)

Grapes Grapefruit Kiwi

Mango

Melons (all varieties)

Oranges Pears Peaches Pineapple Plums



GROCERY



SNACKS de



Bars (Epic®, Lara®, Rx®, Quest® or Perfect Bar®) Beef jerky (nitrate-free, preservative-free)

Cheese

Chips (Beanitos®, plantain chips, Siete®)

Crackers (Simple Mills®)

Dark chocolate (70% or greater)

Guacamole

Hummus

Kind® pressed bars

Nuts (natural or dry roasted: cashews, walnuts, almonds, Brazil nuts, pistachios, pecans)

Natural nut butters

Olives

Pumpkin/sunflower seeds (dry roasted)

Parmesan crisps (Whisps®)

Rhythm Foods® vegetable chips

Salsa

Unsweetened yogurt (Chobani® Less Sugar, Fage® Trublend®, Oikos® Triple Zero, and Siggi's®)

SEASONINGS A

Cinnamon

Coconut aminos

Extracts

Flax seeds (milled)

Garlic

Herbs & spices

Lemon juice (fresh)

Monk fruit

Onions

Parsley

Peppers

Stevia (SweetLeaf®, Splenda Naturals®)

Swerve®

Vinegar

AD<u>DITIONAL ITE</u>MS

BAKING:

Almond flour

Arrowroot powder

Birch Benders® paleo pancake

mix

Cassava flour

Chia/flax seeds

Coconut flour

Tapioca flour

Siete® tortillas

Simple Mills® baking mixes

BEVERAGES:

Kombucha,

Electrolyte replacements: Body

Armor®, Coconut water,

LyteShow®, MyHy®, Nuun®

Infused water: Hint®,

Trevi® essence water

Soda alternatives:

Zevia®

Sparkling water:

LaCroix®, Ozarka®,

AHA®, Bubly®

True Lemon® packets

NUT MILK & MILK

ALTERNATIVES:

Califia® almond milk, Coconut

milk, Fairlife® milk

PASTA ALTERNATIVES:

Bean/lentil/chickpea pastas

Zucchini noodles

PROTEIN SUPPLEMENTS:

Iconic®, Evolve®, Orgain®