



## PRIMAL FIT MIAMI'S 21 SUPER FOODS AND GROCERY LIST

1. Organic grass fed meat (beef, buffalo, chicken, venison, elk, ostrich, turkey) anything from [www.grasslandmeats.com](http://www.grasslandmeats.com).
2. Wild-caught fish (salmon, tuna), check out [www.vitalchoice.com](http://www.vitalchoice.com)
3. Eggs (Omega-3 eggs, fresh farmers market eggs)
4. Full fat plain yogurt (lactose-free if you can find it, goat or coconut milk yogurt, cottage cheese)
5. Protein supplements (milk protein isolates, whey protein isolates, or brown rice, yellow pea protein – [www.livingfuel.com](http://www.livingfuel.com))
6. Cruciferous vegetables (spinach, bok choy, broccoli, collard greens, kale, rainbow chard)
7. Salad – watercress, spinach, mixed lettuce (no iceberg!), tomatoes, cucumbers, red, yellow and orange peppers, and onions. Make the salad as colorful as possible.
8. Mixed berries (blueberries, blackberries, raspberries)
9. Apples
10. Canned albacore tuna
11. Sprouted grains (ezeikel bread, brown rice bread) quinoa
12. Celtic sea salt
13. Raw nuts (cashews, almonds, pecans, walnuts)
14. Avocados
15. Cooking oils (extra virgin olive oil, coconut oil, ghee and butter)
16. Supplements (fish oil, multi-vitamin, anti-oxidant blend, digestive enzyme, pro-biotics)
17. Seeds (flax seeds (ground), chia seeds, pumpkin seeds, unsalted sunflower seeds)
18. Organic green tea and coffee
19. Nut butters (raw almond or cashew butter – no hydrogenated oils)
20. Root Vegetables- potatoes, sweet potatoes, carrots, parsnips, turnips, rutabagas, beets
21. Dark chocolate (85% preferably)