

Retro-Raw / Primal Grocery List

This list should help you sort out the crap from the good stuff. When possible get grass-fed*, free range*, pastured* and organic**. Buy the best food you can afford. Buying in bulk from big box stores can really cut costs. Do your research in your area.....great stuff can be found at your farmer's markets and local farms in or around town. Look at your health stores and ask when the "day olds" are out as they are marked down dramatically and usually still good for another few days!

The Good Stuff:

- **Eggs** – Eat the yolk and the white, one of the most nutritious foods and affordable protein sources and easily digested. Buy free range if you can find them and can afford them and do not be afraid to eat them Raw in a smoothie or "Rockefeller" style.
- **Meat** - Buy the best you can afford (pastured*), (elk, bison, venison or any game meats are awesome), include organ meats which are very affordable and super packed with nutrition. Remember this is what the Natives went after first. Again, if free ranging and hormone free, do not be afraid to eat it raw or very rare.
- **Poultry** – Dark meat, light meat, skin on, buy it all. Pastured* chickens/turkeys are the best choice but difficult to come by in cold climates (chickens can't forage in the cold and snow). Try to get chicken eating a non grain diet. Their natural diet is Not grains.
- **Pork** – All cuts including bacon. Try to look for bacon without nitrates/nitrites. Ham tends to have added sugar and other nasty additions – so avoid Ham. Pork is one meat that I will say to cook....just not broil or grill.
- **Fish** – Wild fish is best. Sashimi is the way to eat it....or lightly steamed. Occasionally canned wild caught salmon or tuna is ok too.
- **Vegetables** – Whatever you love – but remember potatoes, beans and corn are not vegetables. Buy organic** if you can.
- **Fruit** – Again, whatever you love, but limit how much you eat (can be very rich in carbs). Berries are a great choice (avocados are a fantastic berry, yes, they are a berry). Bananas would be the one to limit or even avoid.
- **Oils/Fats** – Olive, coconut, nut oils, raw butter, lard. Avoid soy, canola and vegetable oils of all kinds. I love nut or seed oils for salad dressings, I prefer their lighter taste to olive oils. (try hemp or flax oil) Render the fat from the bacon you cook.
- **Nuts/Seeds** – Buy them raw and in bulk. Grind up in a food processor or blender (if it can handle it) to make nut butters, far superior in taste to the store-bought kind. Keep them in the freezer to extend their life. Peanuts are a legume so best to avoid.
- **Spices** – Any kind, dry, fresh, whatever. They add incredible flavor and are nutrient dense. Be careful of the mixed steak spices and the like as they may have lots of added crap, check the labels. Cinnamon is good for keeping blood sugars level.
- **Dairy** – Don't be afraid of good raw dairy (butter, cream, whole milk, cheese etc.), the fats are good for you.
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- **The Garbage: THE CRAP!!!**
- **Grains/Starches** – TRY to Avoid all kinds, in all forms (even whole grain) including potatoes, pasta, rice and corn (at least make the choice to limit to only 1 or 2x a week have a serving) . Eat veggies, such as broccoli, kale, brussel sprouts, they have more nutrition and fibre and they won't raise insulin levels. Sweet potatoes and winter squash can be enjoyed in moderation.
- **Processed Foods** – Anything made in a factory can't be good. This means avoid as much as possible anything in a can, box or bag. Check the label – sugar, soy, canola, fructose corn syrup, any initials...MSG etc. and words you can't pronounce – avoid as much as humanly possible.
- **Low Fat** – Anything with this label most always BAD! Avoid like the plague, as they are typically full of sugar. When you remove the fat, you remove the flavor so sugar is added to put back flavor. Again READ labels.
- **Bad Oils/Fats** – Canola, margarine, vegetable, trans-fats (a given). Rule of thumb – is if it had to be overly processed or hydrogenated to make it edible stay away – far, far away. YUCK liquid Plastic
- **Sugar** – All things with processed sugar. I truly believe that sugar is the biggest culprit in the obesity, modern disease, diabetes, etc. epidemic in Western society. I know how difficult this category will be to eliminate. Start by eliminating carbonated sodas and all fruit juices.