

## Suggested Shopping List

This is a working list of foods I would commonly recommend to fill your macronutrients. These foods are largely unprocessed, nutrient-dense and efficiently contribute to a successful diet.

Note that these foods are suggestions and not an exhaustive list. I am also not recommending that you buy every food on this list every time you shop; like I said in the How to Count Your Macros article, filling your macros with food is a lot like a game of Tetris. Pick and choose which foods will allow you to reach your macronutrients goals while keeping you satiated. And also, obviously, respect your budgets constraints and any food sensitivities you may have.

Foods in plain text are applicable on any diet, while foods in red would generally only be applicable during a bulking diet where satiety is not as big of an issue and you may actually have trouble reaching your surplus.

Foods will be broken up into sections based on their predominant macronutrients. For instance, chicken is in the protein category, bananas are in the carb category, almonds are in the fat category, etc.

### Fats

Almonds	Hard Cheese
Avocados	Whole Milk
Coconut	Cashews
Macadamia Nuts	

### Carbs

Broccoli	Carrots	Tomatoes	Cauliflower
Kale	Quinoa	Sweet/White Potato	Bananas
Spinach	Apples	Celery	Oatmeal
Brussel Sprouts	Berries (all types)	Cabbage	White Rice

### Protein

Chicken	Eggs
Salmon	Tuna
Beef (85% Lean)	Cottage Cheese
Turkey	Whole Greek Yogurt

Try to eat these foods in their “whole” form, I.E. not in a smoothie or a pre-made dish. Processing food further is basically a form of pre-digestion that will reduce the energy your body will expend to harvest the energy from food (a.k.a. TEF). And while pre-made dishes are nice (and obviously permitted if you are diligent with tracking what goes in to the dish), they

commonly call for an abundance of oils, grains and other ingredients that don't have much of a place in this type of diet.

Notice how the bulk of the foods in red are the more "processed" whole foods on the list. This makes their palatability pretty high compared to other whole foods and would best be left for situations where getting enough calories in becomes a struggle. On the other hand, some whole foods (like bananas and cashews, for instance) are ridiculously easy to over eat for some people, but if you can manage your intake, they are worthy inclusions in any diet.

A note on organic vs regular food products: while organic products may have slightly higher micronutrient values, some research shows that there doesn't seem to be any major health implications one way or the other. If your budget can allow it and you take solace in *only* eating organic food, it obviously won't be a detriment. However, for anyone with budget restrictions, shopping this way can be very problematic.

I basically shop by two rules of thumb when it comes to organic foods:

- 1) When it comes to produce, I generally abide by the "Clean 15" and "Dirty 12" lists comprised by the Environmental Working Group. These lists are restricted to produce and list foods in order of how much pesticide residue is found on average on the conventional type of crop. Foods on the "Clean 15" list are generally okay to purchase in their conventional variety, but you should steer towards the organic version of foods that appear on the "Dirty 12" list whenever possible.
- 2) The higher the fat content a food product might have, the more I will try to get organic, wild-caught or grass-fed varieties. The composition of the diet fed to the animal, as well as living condition provided for the animal, will have an impact on the end product. This is especially true for the fatty acid composition of the food product. Not to mention, most organic/grass-fed/wild-caught versions of meats, fish and dairy taste better (at least to me). This will come down to budget and preference as primary considerations.

Again, this is not an exhaustive list, and these are not the *only* foods that you will ever eat when working with me. If you have a social situation or holiday event coming up and want to have a burger and fries or something, we can do our best to work that in. But any worthwhile endeavor comes with sacrifices, and the more consistently you stick to the above choices and similar foods, the better your results will be.

A note on cooking oils: you're generally fine sticking with coconut oil or butter, as they have relatively high smoke points and won't oxidize as quickly as other fats like olive oil. However, you have to account for any oil used in cooking methods, such as cooking scrambled eggs. The oil doesn't simply disappear. Plus, I almost never recommend loading your meals with pure oils, fats or butters because those types of food products cost a major amount of calories while delivering very little satiety in return.