

Eternity Warrior Transformation Program

YES Food Shopping List

PROTEIN	COMPLEX CARBS	VEGETABLES	FRUITS	FATS
<p>*BEST CHOICE: Look for words like 100% grass-fed, pastured, wild-caught, and organic on the label.</p> <p>Beef Chicken Lean turkey Wild game</p> <p>*Limit FISH to 6-12oz/week of low-mercury choices:</p> <p>Wild Salmon Wild Sardines Rainbow trout Fresh Coho Salmon Pacific Halibut Wild Cod Wild Flounder Wild Snapper Mahi Mahi Anchovies Sardines</p>	<p>*For weight loss: Limit CARBS to 2s/day</p> <p>STARCHY VEGGIES: Beets English peas Sweet potato Parsnips Turnups Winter squash Cooked carrots Plantains Yucca Cassava</p> <p>GLUTEN-FREE GRAINS: Quinoa Wild rice Sprouted, Gluten-free bread Kale wraps</p>	<p>*Nightshade veggies should be avoided if you suffer from "chronic joint pain", otherwise allowed.</p> <p>NIGHTSHADES: Eggplant Tomatoes Bell Peppers Cayenne pepper Paprika</p> <p>ALL VEGGIES: Artichokes Asparagus Bok Choy Broccoli/ Brocolini Broccoli rabe Brussels sprouts Cabbage Carrots (raw) Cauliflower Celery Collard greens Cucumber Endive Fennel Green beans Greens (all of them) Leeks Lettuce (all kinds) Mushroom Okra Onion Radish Shallots Snow peas Sugar snap peas Spaghetti squash Zucchini Above Frozen Veggies</p>	<p>*For weight loss: Limit FRUITS to 2s/day</p> <p>*Opt for lower-sugar fruits from the following list.</p> <p>Apples Apricots Bananas Blackberries Blueberries Cherries Dates Figs Grapes Grapefruit Jicama Kiwi Lemon Lime Mango Melon Nectarines Papaya Peaches Pears Pineapple Plum Pomegranate Raspberries Strawberries Watermelon Frozen Fruit</p>	<p>*Careful not to indulge too much on nuts/seeds!</p> <p>NUTS/SEEDS & BUTTERS: Almonds Brazil nuts Hazelnuts Walnuts Pecans Macadamia Pumpkin seeds Sunflower seeds Sesame seeds Flax Chia Hemp hearts</p> <p>FATS/OILS: Avocado Olives Olive Tampanade Coconut butter Coconut milk/cream Kerrygold grass-fed butter Ghee Extra-virgin coconut oil Extra-virgin olive oil Sesame oil Walnut oil</p>
PANTRY & SWEETENERS				
<p>Almond flour Coconut flour</p> <p>Canned wild salmon Capers</p> <p>Coconut aminos</p>	<p>Fish sauce Hot sauce Mustard Pickled or Fermented veggies Apple cider vinegar Bone broth</p>	<p>SWEETENERS: Stevia Monk fruit Lo han</p> <p>LIMIT: Raw, Local or Manuka honey Coconut nectar</p>		
DRINKS	SEASONS	EXTRAS		
<p>Fresh vegetable juices Mineral water Apple cider drink Kombucha Coconut kefir Herbal teas Green tea</p>	<p>All FRESH or dried herbs and spices. Preferably organic! Pink Himalayan Sea Salt Peppercorns</p>	<p>*Choose organic</p> <p>100% Cocoa powder Bee Pollen Greens powder Maca powder Seamoss Royal Jelly</p>		

- * Keep to plate method
- * Keep sugar intake to LESS THAN 20 grams DAILY (Count anything that has a label!)
- * Check labels to AVOID hydrogenated oils, high-fructose corn syrup, MSG, carrageenan and sulfites
- * Choose 100% organic, especially when undergoing the "detox-phase"
- * Avoid processed meats, deli-meats, pre-made cured meats and smoked meats