

UPGRADED GROCERY LIST

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1. Eat whole, unprocessed foods.
2. Eat beef, lamb, game, and organ meats that come from **grass-fed** animals. Consume **organic** poultry and eggs that come from free range, organic chickens. My favorite brands are **Vital Farms** or **Happy Eggs**.
3. Eat **wild-caught** fish (not farm-raised), fish eggs and shellfish from unpolluted waters.
4. Eat full-fat/organic milk products from pasture-fed (grass-fed) cows, whole milk, whole yogurt, kefir, cultured butter (**Kerry Gold** sold @ most grocery stores is grassfed), full-fat raw cheeses and fresh and sour cream.
5. Use animal fats, such as lard, tallow, egg yolks, cream and butter liberally (from above sources)
6. Use only traditional vegetable oils—extra virgin olive oil, olive oil (higher temp cooking), expeller-expressed sesame oil, small amounts of expeller-expressed flax oil, and the tropical oils—coconut oil, palm oil and palm kernel oil. **Primal Kitchen's Avocado Mayo** is good (in most stores), **Just Mayo** (all stores) is OK in small amounts.
7. Eat fresh vegetables, **preferably organic**. Use vegetables in salads and soups, or lightly steamed with butter.
8. Prepare homemade stocks from the bones of chicken, beef, lamb and fish and use liberally in soups, stews, gravies and sauces.
9. Use filtered water for cooking and drinking.
10. Use unrefined salt and a variety of herbs and spices for food interest and appetite stimulation. **Himalayan** is best, **Real Salt** is an affordable brand found in most stores also.
11. Make your own salad dressing using raw vinegar, extra virgin olive oil and a small amount of expeller-expressed flax oil.
12. Use traditional sweeteners in moderation, such as raw honey, maple syrup, maple sugar, date sugar, and stevia powder.
13. Cook only in stainless steel, cast iron, glass or good quality enamel.
14. Get plenty of sleep, exercise and natural light.
15. Think positive thoughts and practice forgiveness.

Almost all above items are found in local grocery stores & natural health food stores

Find Local MI organic farms providing grassfed animal products:

www.eatwild.com & www.realmilk.com

ONLINE SOURCES FOR PREPARED FOOD DELIVERY

The following websites will deliver food to your home that you can prepare

www.mymetabolicmeals.com

- these are prepared meals that are delivered to your door so you only need to heat and eat! They are grass-fed, organic, gluten-free, seasonal, etc. Nutrition info is listed online so you know how what you're getting.

www.sunbasket.com

- Chef's Choice, Rise and Shine, Paleo, Gluten-free & Vegetarian options. Ingredients are pre-measured and all you need to do is prepare the food.

www.freshnhealthy.com

- beef and chicken is all natural, cage-free, and grass fed- local MI food sources. Food arrives prepared, you only need to heat and eat. Paleo, vegetarian, organic meal options available.

www.factor75.com

- Grass-fed, hormone free, organic, gluten free, soy free, preservative free, etc. They claim some of their meals are ketogenic but you would need to be strict with carbs to be in ketosis so don't let that stop you

ONLINE SHOPPING

• www.thrivemarket.com

• www.doortodoororganics.com

• www.vitacost.com

• www.amazon.com

• www.getbutcherbox.com – grass fed/organic/pastured meat delivery