

Foundation Diet Shopping List

Fillers & Supplements

Brown Rice
Ground Flax Seed
Chicken Broth – Low Salt, Organic, Found in cardboard containers
Chia Seeds
Almond Milk – Unflavored, Unsweetened, Organic
Flax Seed Oil – Unfiltered, Organic, at Whole Foods
Coconut Oil – Organic
Olive Oil – First Cold Pressed
Brewers Yeast – Powdered, in the Supplements department
Vitamin C – 500 MG Pills
Vitamin C Powder – If you want to add it to the food
Sea Salt

Vegetables

Carrots
Chard
Broccoli
Brussell Sprouts
Cabbage
Napa Cabbage
Cauliflower
Squash (Yellow)
Squash (Butternut)
Squash (Acorn)
Pumpkin
Kale
Spinach
Collard Greens
Beets
Rutabaga
Celery
Green Beans
Sweet Potatoes

Beans (dried or canned)

Black
Pinto
Great Northern

Fruit

Apples – Organic
Oranges
Pineapple
Cantaloupe

Proteins

Chicken – Frozen or fresh boneless breasts
Beef – Lean ground beef, steak, roast
Chicken Livers
Beef Liver
Eggs
Cottage Cheese (Full Fat)