
The Shopping List

Perform Like You're 20, When You're 40+

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WHAT TO EAT?

The Shopping List

First up, you don't have to buy everything on the list. This is meant to provide you with options so you can choose from the choices in your area. If a food doesn't appear on here let me know and I'll add it on.

For each food group I give you a number of recommended servings each day. A serving is what you would reasonably eat of that particular food. Remember we do not care about calories and are not interested in portion control. Eat until you are full. Try and build a

plate of a decent mix of the different food groups.

Each food group is further broken down into green, black and red foods. Green foods you can eat as often as you like, black foods try to limit to 2-3 times a week and red food attempt to avoid.

However even within the green group try and get a good spread of different foods to ensure nutrient balance.

Protein:

2 - 6 servings a day

- Beef.
- Lamb.
- Bison.
- Goat.
- Pork.
- Goose.
- Duck.
- Turkey.
- Chicken
- Salmon.
- Anchovies.
- Haddock.
- Mackerel.
- Cod.
- Crab. (real, fresh, not fake)
- Lobster.
- Mussels
- Oysters.
- Flounder.
- Tilapia.
- Trout.
- The fish above are especially great but any fish less than roughly 30cm in length, freshly caught should be awesome.
- Liver (beef, lamb, goat, fish).
- Kidneys.
- Heart.
- Tongue.
- Bone marrow.
- Joints (soup bones).
- Bone Broth (ideally have this constantly on the make and drink it every day)

Moderate

- Bacon/Ham (in their pure form these are a **green food**, however often they have many other ingredients added, including sugar, preservatives and sometimes flour or breadcrumbs...check the ingredients and go for the more expensive varieties)
- Naturally preserved or dried meats
- Miso, tempeh, tamari or natto
- Soaked or sprouted beans and legumes cooked in a pressure cooker
- Raw seeds and nuts
- Raw nut butter

Avoid

- Free Range Eggs (With Yolk)*
- Raw Cheese from Grass Fed Cows**
- Organic Cottage Cheese**
- Dairy Products
- Processed Cheeses
- Non-Organic, Commercially Processed Meat
- Chemically Preserved Or Dried Meats
- Protein Powders With Artificial Sweeteners
- Textured Vegetable Proteins
- Soy Protein Powder
- Tofu
- Roasted Seeds And Nuts
- Roasted Nut Butter
- Regular Or Canned Beans And Legumes

* A lot of people are highly sensitive to egg, if you know you are fine with this then 3 eggs can become one of your servings a day.

** Avoid if lactose intolerant, if not move to Moderate section

Oils & Fats:

2-5 servings a day

- Coconut oil.
- Grass Fed Butter or Ghee
- Coconut milk (preferably without guar gum and in a BPA free can).
- MCT oil.
- Avocado oil
- Extra virgin olive oil.
- Lard & animal fat (only from grass finished animals, hard to find)
- Cacao butter. (85%+ cacao chocolate also works. Lindt is my favourite. But this stuff can be like crack cocaine...in moderation more than 1-2 pieces a day is probably too much!)
- Coconut Meat

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- Macadamia Nut Oil
 - Triglyceride-Based Fish Oil
 - Pure Cod Liver Oil/Krill Oil

Moderate : (1 - 2 servings a week)

- Raw Nuts, preferably soaked (Except Peanuts and Cashews)
- Raw Seeds
- Raw Almond, Hazelnut Butter
- Cold Press Flax Oil
- Coconut Ice Cream (See recipe)
- Dark Chocolate (85%+ Cacao)

Avoid :

- Roasted Nuts
- Roasted Seeds
- Regular Peanut Butter
- Regular Butter
- Non-Organic Meats
- Margarine
- Any "Spreadable" Condiments
- Farmed Fish
- Commercial Salad Dressings
- Sunflower Oil
- Canola Oil
- Cottonseed Oil
- Commercial Flax Oil
- Soy Ice Cream
- Regular Ice Cream
- Normal/Milk Chocolate

Vegetables:

5 - 25! servings a day

- Spinach.
- Broccoli.
- Lettuce.
- Fresh Salad.
- Cabbage.
- Parsley.
- Bok Choy.
- Brussels Sprouts.
- Collards.
- Chard

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- Kale
 - Mustard Greens
 - Seaweeds
 - Red Lettuce
 - Radishes
 - Celery
 - Carrots
 - Cucumber
 - Cauliflower
 - Asparagus
 - Naturally Fermented Sauerkraut
 - Naturally Fermented Pickles
 - Fennel.
 - Artichokes.
 - Olives
 - All green leaved herbs

Moderate (1 - 2 servings a week, preferably in the evening)

- Carrots
- Beetroot
- Peas
- Winter Squash
- Sweet Potato
- Yams
- Yucca/Cassava (always peel well and cook)
- Plantain
- Swede/Rutabaga
- White rice*

*It's better to avoid all grains, but most people can tolerate white rice a few times a month.

Avoid :

- Canned Vegetables
- Corn
- Sweetcorn
- Soy
- Non-Organic, Un-Rinsed Vegetables
- Potatoes *
- Tomatoes *
- Peppers *
- Garlic *
- Onions *
- Eggplant *

*Avoid the following if you suffer from an autoimmune disease or nightshade sensitivity (if not these go in moderate)

Legumes:

1 - 2 servings a week

- Lentils, soaked and cooked in a pressure cooker
- Chickpeas, soaked and cooked in a pressure cooker

Moderate (only eat if desperate and the above not available)

- Chickpeas soaked
- Lentils soaked
- Beans soaked

Avoid

- Canned Chickpeas
- Canned Lentils
- Canned Beans

Fruit:

Max 1 - 2 servings a week

- Berries
- Lemons
- Limes

Moderate (1 - 2 servings a month)

- Apples
- Apricots
- Bananas
- Cherries
- Cantaloupe
- Grapefruit
- Kiwi
- Mangoes
- Nectarines
- Oranges
- Papayas
- Peaches
- Pears
- Pineapple
- Plum

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- Watermelon
 - Grapes
 - Dates
 - Figs

Avoid

- Canned Fruit
- Fruit in Syrup
- Fruit Candy
- Sugar Coated Dried Fruit
- Packaged Dried Fruit
- Natural Dried Fruit
- Fruit Juices

Dairy

Dairy is really easy. Don't do it, apart from:

Grass Fed Butter or Ghee

Flours

1- 2 Servings a week

- Coconut flour
- Raw, soaked nut flour (not peanuts or cashews)

Moderate (only if desperate and the above not available)

- Chickpea Flour
- Tapioca flour
- Rice flour
- Lentil flour
- Bean flour

Avoid

- Flour from ANY type of grain.

Spices & Flavourings:

As often as you like

Powdered spices are often contaminated with mould. Buy leaf/herb based spices and high quality powdered spices.

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- Apple cider vinegar.
 - Himalayan “pink” salt.
 - Unmodified, unadulterated, pure sea salt.
 - Ginger.
 - Cilantro.
 - Parsley.
 - Oregano.
 - Turmeric.
 - Rosemary.
 - Lavender.
 - Thyme.
 - Sage.
 - Cinnamon.
 - Allspice.
 - Cloves.

Moderate:

- Regular Table Salt
- Chilli Peppers
- Black Pepper

Avoid :

- Acesulfame
- Sucanat
- Truvia
- MSG
- Fermented Soy Sauce
- Brewer's Yeast

Sweeteners

Optional and in moderation

These three sweeteners are ok but better if you can avoid them altogether. Sweetness is still sugar so limit them accordingly.

- Stevia. (25% of people genetically will not like the taste of Stevia...test it first!)
- Erythritol/Xylitol – NOT corn sourced. Needs to come from hardwood. (test and see how you react some people this causes weird symptoms in the gut, also don't over do it or you'll find yourself nearing to stay near to a toilet, keep away from dogs)

Moderate: (1 - 2 servings a month)

- Raw, Pollinated Honey
- Organic Maple Syrup
- Natural Fruit Sweeteners
- Blackstrap Molasses

Avoid:

- Processed Sugar
- Candy
- High Fructose Corn Syrup
- Regular Honey
- Agave Syrup
- Aspartame
- Sucralose
- Cweet
- Neotame

Hot Drinks:

0-10 servings a day

- Herbal Teas

Moderate (1 - 2 cups a day)

- Coffee
- Black tea
- Cacao

Avoid

- Pre mixed coffees/teas
- Instant coffee
- Barley mixes
- Hot chocolate

ALCOHOL - AVOID

TO BE AVOIDED:

- Canned Legumes
- Any Regular Wheat Products
- GMO Corn
- Roasted Seeds & Nuts
- Fava Beans

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- Soy Milk
 - Soy Beans
 - Soy Nuts
 - Regular Yogurt
 - Cookies
 - Biscotti
 - Scones
 - Crackers
 - Bagels
 - Bread
 - Cereals

These are common code words for Gluten used in ingredients and should be avoided at all costs:

- Avena sativa
- Barley enzymes, extract or syrup
- Cyclodextrin
- Dextrin
- Fermented grain extract
- Hordeum distichon
- Hordeum vulgare
- Hydrolysate
- Hydrolysed malt extract Hydrolysed vegetable protein
- Maltose
- Maltodextrin — this is made from corn or potatoes in North America, but maltodextrin from other countries may be made with wheat starch.
- Oat fiber
- Samino peptide complex
- Secale cereale
- Triticum aestivum
- Triticum vulgare
- Tocopherol
- Yeast extract
- Natural flavouring
- Brown rice syrup (often contains barley)
- Modified food starch — almost always made from corn, potato or rice in North American-made foods, but foods from other countries could contain starch made from wheat.
- Hydrolysed vegetable protein (HVP)
- Hydrolysed soy protein
- Spices - when listed alone on ingredients is often a code word for all the stuff they've put in but don't have to legally tell you about because it's in too small a quantity, none of it normally any good for you.
- Caramel colour — frequently made from barley, but only outside of North America. North American companies use corn to make caramel colour.

Most of these common foods have gluten:

- Malt/malt flavouring

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- Soups
 - Commercial bullion and broths
 - Cold cuts
 - French fries (often dusted with flour before freezing)
 - Processed cheese, such as cream cheese, sliced cheese or spreadable cheese
 - Mayonnaise
 - Ketchup
 - Malt vinegar — but balsamic, rice, wine and apple cider vinegars are naturally gluten-free, as long as they do not contain any other additives. Check the label.
 - Soy sauce and teriyaki sauces
 - Salad dressings
 - Imitation crab meat, imitation bacon bits
 - Egg substitute
 - Tabbouleh
 - Sausage
 - Non-dairy creamer
 - Fried vegetables/tempura
 - Gravy
 - Marinades
 - Canned baked beans
 - Cereals
 - Commercially prepared chocolate milk
 - Breaded foods
 - Fruit fillings and puddings
 - Hot dogs
 - Ice cream
 - Root beer
 - Energy bars
 - Trail mix syrups
 - Instant hot drinks
 - Flavoured coffee and teas
 - Blue cheeses
 - Vodka (cheaper brands are often cut with other gluten containing ingredients)
 - Meatballs, meatloaf
 - Communion wafers
 - Veggie burgers
 - Roasted nuts
 - Beer
 - Oats (unless certified gluten-free from a quality brand)
 - Oat bran (unless certified gluten-free from a quality brand)

Avoid ALL Grains, this includes:

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- Barley
 - Buckwheat
 - Bulgur
 - Oats (oats themselves don't contain gluten, but are often processed in plants that produce gluten-containing grains and may be contaminated)
 - Rye
 - Seitan
 - Triticale and Mir (a cross between wheat and rye)
 - Wheat starch
 - Wheat bran
 - Wheat germ
 - Couscous
 - Cracked wheat
 - Durum
 - Einkorn
 - Emmer
 - Farina
 - Faro
 - Fu (common in Asian foods)
 - Gliadin
 - Graham flour
 - Kamut Matzo
 - Semolina
 - Spelt
 - Quinoa

This is not an extensive list...basically if it looks like a duck & quacks like a duck...it is a duck as far as grain is concerned.

Look forward to feeling and looking better!