



1. Whole Foods Focus

- ✔ Replace packages and processed foods with vegetables, fruits, nuts, seeds, legumes, whole grains, anti-inflammatory fats, and high-quality proteins.

2. Balanced Macronutrients

- ✔ ***½ plate non-starchy vegetables, palm sized protein and 1 serving whole food starch***
- ✔ No naked carbs – always dress up your carbs with a healthy fat or protein
E.g. apple with nut butter, toast with avocado and egg

3. Quality Proteins

- ✔ Sources: Grass-fed meats, wild-caught fish, free-range poultry, and organic plant proteins.

4. Prioritize Organic and Non-GMO Foods

- ✔ Choose organic produce and non-GMO products to limit pesticide and chemical exposure.
- ✔ ***Review Clean 15 & Dirty Dozen lists.***

5. Proper Hydration

- ✔ Drink plenty of water and limit sugary and caffeinated beverages. Aids digestion, detoxification, and overall bodily functions.
- ✔ Avoid plastics and unfiltered tap water.
- ✔ ***Glass bottled spring water or re-mineralized filtered water is best e.g. Mountain Valley or Pur20 home filtration.***

6. Mindful Eating

- ✔ Mindful chewing, listen to hunger/fullness cues and savor your meals. Improves digestion and prevents overeating.

7. Healthy Fats

- ✔ Focus on anti-inflammatory fats from fish, leafy greens, nuts, and certain oils.
- ✔ ***Avoid seed oils and trans fats***
- ✔ Recommended Oils: Olive oil for low heat, avocado and coconut oil for higher heat, and olive, flax and walnut oils for dressings.

8. High in Fiber, Pre/probiotic Foods

- ✔ ***Goal: 25-38 grams of fiber daily*** from whole grains, nuts, legumes, vegetables, and fruits. Incorporate several servings of pre and probiotic-rich foods daily e.g. kraut, plantains, kefir

9. Low in Simple Sugars

- ✔ Avoid sugary beverages, fruit juice, processed foods, and refined grains.
- ✔ Limit sweeteners and opt for natural sweeteners or low-glycemic alternatives like monk fruit

10. Phytonutrient Diversity

- ✔ Eat a colorful diet with a variety of fruits and vegetables to harness health benefits from phytonutrients.
- ✔ ***Aim for six different color groups daily.***

PIH GROCERY GUIDE

Proteins

Animal Proteins:

Lean, free-range, grass-fed, organically grown animal protein; and wild-caught, low-mercury fish preferred

- Egg
- Fish/Shellfish
- Meat: Beef, buffalo, elk, lamb, venison, other wild game
- Poultry (skinless)
- Chicken, Cornish hen, duck, pheasant, turkey, etc.
- Protein Powder
- Cheese (hard)—½ oz
- Cheese (low-fat)—1 oz
- Cottage cheese (low-fat)—¼ c

Vegetables

Non-starchy Carbs Organic, non-GMO preferred

- Artichoke
- Arugula
- Asparagus
- Bamboo shoots
- Beets (cubed)
- Bok choy
- Broccoflower
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celeriac root
- Celery
- Chard/Swiss chard
- Chervil
- Chives
- Cilantro
- Cucumbers
- Daikon radishes
- Eggplant
- Endive
- Escarole
- Fennel
- Fermented vegetables: Kimchi, pickles, sauerkraut, etc.
- Garlic
- Green beans

Starchy Vegetables

Organic, non-GMO preferred

- Acorn squash (cubed)—1 c
- Butternut squash (cubed)—1 c
- Plantain—1/3 c or ½ whole

- Feta cheese (low-fat)—1 oz
- Parmesan cheese—2 T
- Ricotta cheese (low-fat)—¼ c

Plant Proteins:

Non-GMO, organic plant protein;

- Mung bean/Edamame
- Pasta—1 oz
- Natto—1 oz
- Nutritional yeast—2 T
- Spirulina—2 T
- Tempeh—1 oz
- Tofu (firm/extra firm)—1½-2 oz
- Tofu (soft/silken)—3 oz

- Greens: Beet, collard, dandelion, kale, mustard, turnip, etc.
- Horseradish
- Jicama
- Kohlrabi
- Leeks
- Lettuce, all
- Microgreens
- Mushrooms
- Okra
- Onions
- Parsley
- Peppers, all
- Radicchio
- Radishes
- Salsa
- Scallions
- Sea vegetables
- Shallots
- Snap peas/snow peas
- Spinach
- Sprouts, all
- Squash: Delicata, pumpkin, spaghetti, yellow, zucchini, etc.
- Tomato
- Tomato juice—¾ c
- Turnips
- Vegetable juice—¾ c
- Water chestnuts
- Watercress

- Potato: Purple, red, sweet, yellow—½ med
- Potatoes (mashed)—½ c
- Root vegetables: Parsnip, rutabaga—½ c
- Yam—½ med

Cont'd...

Fruit

Organic, non-GMO preferred; unsweetened, no sugar added

- Apple—1 sm
- Applesauce—½ c
- Apricots—4
- Banana—½ med
- Blackberries—¾ c
- Blueberries—¾ c
- Cherries—12
- Cranberries—¾ c
- Dates or figs—3
- Dried fruit—2 T
- Grapefruit—½
- Grapes—15
- Kiwi—1 med
- Mango—½ sm
- Melon, all—1 c

Beans/Legumes

Organic, non-GMO preferred

- Bean soups—¾ c
- Black soybeans (cooked)—½ c
- Dried/Canned beans, lentils, peas (cooked)—½ c
- Edamame (cooked)—½ c
- Flour, legume—¼ c
- Green peas (cooked)—½ c
- Hummus or other bean dips—1/3 c
- Refried beans, vegetarian—¼ c
- Veggie burger (non-GMO)—1 patty

Dairy Alternatives

Gum/additive-free preferred

- Milk: Soy, almond, coconut, flaxseed, hazelnut, macadamia nut, hemp
- Yogurt: Coconut, cashew, almond (cultured)—4-6 oz
- Kefir: Coconut 4-6 oz

Fats & Oils

Minimally refined, cold-pressed, organic, non-GMO preferred

- Avocado—2 T or 1/8 whole
- Butter—1 t, 2 t whipped
- Chocolate, dark (70% or higher cocoa)—1 oz
- Coconut milk, regular (canned)—1½ T
- Coconut milk, light (canned)—3 T
- Ghee/clarified butter—1 t
- Half and half—2 T

- Nectarine—1 small
- Orange—1 small
- Papaya—1 c
- Peach—1 small
- Pear—1 sm
- Persimmon—½
- Pineapple—¾ c
- Plums—2 sm
- Pomegranate seeds—½ c
- Prunes—3 med
- Raisins—2 T
- Raspberries—1 c
- Strawberries—1 ¼ c
- Berries
- Citrus fruits (e.g., lemon, orange, grapefruit)
- Cranberries
- Cherries

Nuts/Seeds

Unsweetened, unsalted, organic preferred

- Almonds—6
- Brazil nuts—2
- Cashews—6
- Chia seeds—1 T
- Coconut (dried)—3 T
- Flaxseed (ground)—2 T
- Hazelnuts—5
- Hemp seed—1 T
- Macadamias—2-3
- Nut and seed butters—½ T
- Pecan halves—4
- Pine nuts—1 T
- Pistachios—16
- Pumpkin seeds—1 T
- Sesame seeds—1 T
- Sunflower seeds—1 T
- Walnut halves—4

- Mayonnaise (unsweetened)—1 t
- Oils, cooking: Avocado, butter, coconut (virgin), sesame—1 t
- Oils, salad: Almond, avocado, flaxseed, hempseed, olive (extra virgin), pumpkin seed, sesame, walnut—1 t
- Olives: Black, green, kalamata—8
- Pesto (olive oil)—1 T
- Salad dressing made with quality oils—1 T

Cont'd...

Whole Grains (100%)

Unsweetened, sprouted and organic preferred Gluten-Free:

- Amaranth—1/3 c
- Buckwheat/kasha—1/2 c
- Millet—1/2 c
- Oats (rolled, steel-cut)—1/2 c
- Quinoa—1/2
- Rice: Basmati, black, brown, purple, red, wild—1/3 c
- Sorghum—1/8 c
- Teff—3/4 c

Gluten-Containing:

- Barley—1/3 c
- Bulgur—1/2 c
- Kamut—1/2 c
- Spelt—1/3 c

Individual Portions:

- Sour Dough Bread (Gluten Free or traditional)—1 slice
- Granola (homemade)—3 T
- Muesli—1/2 c
- Pasta (Einkorn, lentil, chickpea)—1/3 c
- Tortilla— (organic whole grain, almond flour, stone ground corn) 1, 6 in

Beverages

Unsweetened, no sugar added

- Filtered water
- Sparkling/mineral water
- Fresh juiced fruits/vegetables
- Coconut water
- Coffee
- Tea: Black, green, herbal, etc.

Herbs, spices, and seasonings/sweeteners

Raw, local organic preferred

- Apple cider vinegar
- Balsamic vinegar
- Coconut aminos
- Herbs, dried or fresh
- Blackstrap molasses
- Coconut sugar
- Maple syrup
- Raw honey
- Monk Fruit