

Your Trainer's Ongoing Grocery List (Rev 2, 04/2009)

Fruits & Vegetables: For the most part in the fruit and vegetable aisles, buy EVERYTHING you like and EAT EVERYTHING you buy!

Vegetables (I try to buy organic ... some regulars on my list):

- Spring mix (lettuce mix)
- Spinach (fresh & frozen)
- Radishes
- Celery
- Carrots (whole & baby)
- Squash
- Broccoli
- Cauliflower
- Endive
- Flat parsley and cilantro
- Garlic
- Tomatoes
- Artichokes
- Avocados
- Parsnips
- Asparagus
- Onions (red, white, and yellow)
- Kale (buy the pre-washed variety if available as it saves time, if not buy it anyway and wash it – I eat it steamed with red wine vinegar and use a handful almost daily in a morning smoothie) ALSO, chard, collard greens, and mustard greens (however, I typically use only kale in my smoothies)
- Potatoes: white, purple, and sweet
- Cabbage (includes brussel sprouts)

Organic vs. Non-Organic: 12 Most Contaminated, the so-called "dirty dozen": Peaches, Apples, Sweet Bell Peppers, Celery, Nectarines, Strawberries, Cherries, Pears, Grapes (Imported), Spinach, Lettuce, Potatoes vs. **12 Least Contaminated:** Onions, Avocado, Sweet Corn (Frozen), Pineapples, Mango, Asparagus, Sweet Peas (Frozen), Kiwi Fruit, Bananas, Cabbage, Broccoli, Papaya

Fruit (again, I try to buy organic when possible):

- Oranges
- Bananas
- Apples
- Pears
- Berries (blueberries, raspberries, strawberries, etc.) – BUY SOME FROZEN VARIETIES AS WELL (great to add to smoothies/shakes or to use on top of cereal or oatmeal)
- Grapefruit
- Plums
- Nectarines
- Peaches
- Mangos
- Papayas
- Pineapple
- Limes and lemons

Coffee, Coffee-substitutes, and Beverages (also, alcohol alternatives) Note: I prefer to EAT and NOT "drink" my calories:

- Coffee (whole bean is best, try different organic, "fair trade" varieties) **OR** decaf; of course, I don't drink this either ... if I am going to have an occasional caffeinated drink it will be a "full-on" espresso

If you want to go "caffeine free" here are some satisfying alternatives that I like:

- Cafix (all natural instant beverage)

- Teccino "java" (use a Bodum French press to prepare)
- Herbal teas (I am a fan of the Tulsi Tea varieties)
- S. Pellegrino sparkling water (this is a great substitute for alcoholic beverages both at home AND social engagements; for the self-conscious, add a lemon or lime and no one is the wiser, plus it tastes great), I prefer Pellegrino as it still comes in glass (Costco has the best deal at \$12/case)
- WATER, WATER, WATER (install a home purification system or use a Brita or similar equivalent) ... stay away from plastic containers if you can, both for you and the environment
- Grape juice (white and red) – enjoy all fruit juices in small quantities as they are high in calories and remember, fresh is best (can be added to your sparkling water to make refreshing spritzers), same goes for black cherry juice

Staples & Cooking Items:

- Bonne Maman blackcurrant jelly (high in antioxidants and beneficial to the heart) and other varieties to suit your tastes
- 365 smooth (or crunchy) cashew, almond, and/or peanut butter (always pour off the extra natural oil when opening a new jar **prior to** placing in the refrigerator)
- Raw honey (use ALL sweeteners sparingly)
- Madhava agave nectar (for variety)
- Organic blackstrap molasses
- Vegan cane sugar and/or turbinado sugar
- Original Better'n Peanut Butter (a lower calorie treat than standard peanut butter)
- Assorted fresh peppercorns AND an artisan salt (e.g. ancient sea salt BOTH fine and course) – high quality salt(s) are more potent and taste better so you will use less
- The Ojai Cook, "Lemonaise Light" (or other low-fat mayonnaise or mayonnaise substitute, e.g. Spectrum)
- Tabasco, Sirarcha hot chili sauce, raw prepared horseradish
- Eggology 100% egg whites or Organic Valley
- Organic eggs (boil some each week, incorporate the yolks into your diet sparingly)
- French Meadow 100% rye bread with either flax seed or sunflower (located in the freezer case, great 90-110 calorie slices that can be topped with your favorite topping or used as you would any type of "regular" bread)
- Soya Kaas soy cheese (mozzarella and other flavors) – a lower calorie "cheese" that tastes good and melts **OR** part-skim organic cheese(s) (white cheeses are generally better for you than darker cheeses like cheddar, select part-skim varieties like Lorraine swiss) – limit your intake of soy alternatives!
- Food for Life "sprouted grain" tortillas and English muffins
- Westsoy Plus (Plain) organic soy milk **OR** organic milk (like Horizon Dairy) **OR** unsweetened Almond or Coconut milk (see next page ...)

- Living Harvest hemp milk (chocolate ... the best chocolate “milk” on the planet!)
- Blue Diamond Almond Breeze vanilla almond milk
- Fage Total 0% Greek yogurt (a great tasting yogurt that provides an acceptable alternative to sour cream OR you can sweeten “to taste” with honey or agave nectar)
- Pacific Natural Foods or 365 vegetable, chicken, and/or beef broths (great for soups and stocks)
- Extra virgin olive oil (EVOO, preferably organic)
- Apple cider (organic and unfiltered), balsamic, and red wine vinegar(s)
- Simply Organic salad dressing mixes (prepare using half the recommended amount of oil)
- 1-2 cups fresh olives from the “olive bar” (get an assortment)
- Ian’s panko breadcrumbs
- Ancient Brand quinoa (traditional style)
- Organic brown rice and wild “rice” (perhaps some white basmati rice as well)
- Traditional “thick cut” organic oatmeal (buy from bulk department) (THIS IS A **MUST HAVE** ... cook it on the stovetop and it only takes 5-10 minutes)
- Assorted varieties of pasta, some that I like: DeBoles, VitaSpelt, 365, and Bertolli, AND pasta sauce (buy what you like, e.g. Muir Glen, Mom’s, etc. ... select low-fat varieties)
- Assorted varieties of cereal: some that I like: Kashi, Natures’ Path, Bear Naked, and Food for Life
- Organic dried beans and lentils (all varieties)

Meat & Seafood & Soy Protein:

- Lean cuts of grass-fed, organic beef (one or two serving every couple of weeks) – bison is a great alternative
- Lean cuts of organic chicken, turkey, and pork (multiple servings each week)
- Fresh/fresh-frozen fish varieties: halibut, tuna, wild-caught salmon, etc. (multiple servings each week)
- Extra-firm organic tofu (limit to 1-2 servings each week)
- Canned skinless and boneless sardines (in olive oil **OR** water) (approx. 1 can/week) (smoked oysters can also be a treat)
- Canned skipjack tuna (1-2 cans/week, in spring water)

Vitamins/Add-Ins:

- NOW men’s or women’s multivitamin (Nature Made is another quality brand that I trust)
- A quality fish oil supplement: 1000 mg Fish Oil (180mg EPA and 120mg DHA) **OR** substitute ground flax seed, or flax oil

- Udo’s Oil 3-6-9 Blend (use in smoothies and salad dressings)
- NOW Pure Protein Whey Isolate (unflavored); the vanilla, chocolate, and strawberry flavors are higher in calories and contain additional sweeteners

Special Items:

- Gogi berries (dried) (buy in bulk section)
- Raisins and dried cranberries (buy in bulk section)
- Roasted pepitas and sunflower seeds (buy in bulk section)
- Assorted nuts: walnuts, almonds, cashews, etc. (limit)
- Schokinag extra dark chocolate disks or organic dark chocolate bar (break into small pieces and put into freezer)
- Sesame seeds (buy in bulk section)
- Organic frozen fruit bars (treats); alternatively, organic or soy ice cream
- Soyatoo cream whip topping (a “treat” item)
- Assorted bars, e.g. Honey Stinger, Lara Bar, etc. to keep on hand (gym bag, briefcase, car) – these are processed so don’t overuse them; typically, only eat ½ a bar at a time (these bars are simply convenient and portable “stop gap” food sources)

Kitchen Essentials: Toaster/toaster oven, VitaMix (or other pro-grade blender), crock pot and/or rice cooker (for cooking beans and soups), Zyliss “salad spinner,” 1 or 2 high-quality nonstick skillet(s) (e.g. Calphalon One) – I use one small and one large for cooking eggs and other delicate foods, e.g. some varieties of fish, tofu, etc.; otherwise, I use ONLY stainless steel cookware, sharp knives, Oxo digital food scale (for portion control AND recipes), citrus juicer (Black and Decker makes a great one for less than \$20 that outperforms most high-end models, available at Wal-Mart) – fresh citrus juice is a real treat, also GET A GOOD peppermill, (e.g. Peugeot).

Cookbooks/Magazines: I am a “foodie” so I collect cookbooks, one that I like for learning to prepare and savor the healthy lifestyle: *The Mayo Clinic Williams-Sonoma Cookbook* (a good place to start, ISBN: 0-7370-2068-7) and I also subscribe to *Cooking Light* and *Vegetarian Times* (for variety) – these periodicals will help you think about food in new and creative ways.

A final note from your trainer’s table: Make eating healthy an adventure (like everything else, make it fun and engaging) and don’t forget to enjoy your own comfort foods from time to time; however, remember that the best part of almost every food is the “first bite”; for example, one slice of GREAT pizza, etc. (substitute your own personal favorite food) tastes as good, if not better than, the whole pizza! Remember, **“Eat to live, don’t live to eat!”** Finally, **“nothing tastes as good as being healthy feels!!!”**

My Best, - Brian

Other Items:

AVOID ALL HYDROGENATED OR PARTIALLY-HYDROGENATED OILS ♦ READ LABELS ♦ THINK BEFORE YOU EAT!

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