

NUTRITION STRIPPED

— by —

MCKEL HILL, MS, RD, LDN

GROCERY SHOPPING LIST

FRESH PRODUCE |

Fruits//

- Lemon
- Oranges
- Grapefruit
- Tangerines
- Blueberries*
- Strawberries*
- Raspberries*
- Blackberries*
- Peaches
- Plums
- Nectarines
- Cherries
- Apricots
- Cantaloupe
- Watermelon
- Honeydew
- Mango
- Pineapple
- Papaya
- Guava
- Kiwi
- Figs
- Dates
- Apples*
- Pears*
- Avocado
- Grapes
- Banana

Vegetables //

- Spinach*
- Kale*
- Romaine*
- Arugula*
- Endive
- Watercress
- Baby mixed greens*
- Mustard greens
- Collard greens
- Turnip greens

Vegetables continued //

- Swiss chard
- Cabbage
- Celery*
- Cucumber
- Carrots
- Tomatoes*
- Mushroom (all varieties)
- Cauliflower
- Broccoli
- Brussels sprouts
- Asparagus
- Artichoke hearts
- Sweet potatoes, turnips, parsnips
- Bell peppers*
- Eggplant
- Onions (sweet, red)
- Potatoes (sweet, golden)

SEA VEGETABLES |

- Dulse
- Kelp
- Nori sheets
- Hijiki, aramae

HEALTHY FATS |

Nuts & Seeds //

- Almonds
- Pecan
- Walnuts
- Pistachios
- Cashews
- Brazil nuts
- Hazelnuts
- Macadamia nuts
- Pumpkin seeds
- Sesame seeds
- Chia seeds
- Hemp seeds
- Pine nuts
- Sunflower seeds
- Nut butters (almond, sunflower seed, tahini)

CONDIMENTS/OILS |

- Mustard (dijon, spicy, yellow)
- Apple Cider Vinegar (Raw)
- Fermented veggies
- Coconut oil cold pressed*
- Oils (Extra virgin olive oil, grapeseed oil, truffle oil)
- Balsamic vinegar
- Hot sauce, *low sodium*
- Olives
- Local honey
- Maple syrup, grade B
- Coconut Aminos
- Homemade dips (gaucamole, hummus, baba ghanoush, salsa)

HERBS/SPICES | *fresh or dried*

Herbs//

- Basil
- Rosemary
- Thyme
- Mint
- Stevia
- Cilantro
- Parsley
- Dill
- Sage

Spices//

- Turmeric, curry powders
- Cinnamon
- Ginger
- Garlic
- Sea salt, black pepper
- Red pepper, chili
- Cayenne
- Sumac

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PROTEIN SOURCES |

Animal//

- Chicken, *free range, antibiotic free*
- Eggs, *cage free*
- Beef, *grass fed*
- Fish, *wild caught and fresh salmon, tilapia, tuna, shrimp, scallops, etc.*

Plant-based//

- Tempeh*
- Tofu, *sprouted**
- Beans (black, navy, lima, chickpeas, black eyed peas, kidney, etc.)
- Lentils (split green peas)
- Edamame*

GRAINS |

- Rice (brown, wild, basmati)
- Oatmeal
- Quinoa
- Amaranth
- Buckwheat
- Millet
- Pasta, *rice, quinoa, whole-wheat*
- Bread (*high fiber, GF*)
- Crackers (*high fiber, GF*)
- Soba Noodles

EXTRAS- SUPERFOODS |

- Raw cocoa powder
- Raw cacao nibs
- Dark chocolate
- Goji berries, dried
- Spirulina/chlorella
- Bee pollen
- Coconut nectar
- Maca
- Shredded coconut, *unsweetened*
- Flours (almond, coconut, brown rice, peanut flours)
- Stevia powder

NON-DAIRY/DAIRY |

- Almond milk
- Hemp seed milk
- Rice milk
- Oat milk
- Turmeric Milk (recipe on NS)
- Grass fed butter/vegan butter
- Cheese, goats/sheep milk, *organic*
- Yogurt (coconut milk, rice milk, almond milk, goats milk), *plain*

BEVERAGE |

- Green tea
- Ted rooibos tea
- Oolong white tea
- Ginger tea
- Peppermint tea
- Herbal tea chamomile
- Rose hips tea
- Liver supporting teas (milk thistle, dandelion, etc.)
- Kombucha
- Raw vegetable juices
- Sparkling water
- Filtered water
- Simply Infused Water
- McKel's Hot Chocolate
- Stripped Green Smoothie
- Stripped Green Juice
- Smoothies from Nutrition Stripped

*Foods that should be purchased organic as much as possible to reduce the amount of pesticide exposure. Check out the Environmental Working Group “dirty dozen” for details.

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BRANDS

BREAKFAST/BREADS |

- Udi's Whole Grain Bread (GF)
- Kinnikinnik Foods Brown Sandwich Bread (GF)
- Udi's White Sandwich Bread (GF)
- Food for Life Brown Rice Bread (GF)
- Food for Life Millet Bread (GF)
- Glutino Flax Seed Bread (GF)
- Ezekiel English Muffins
- Ezekiel bread- sesame, original, cinnamon raisin
- Ezekiel cereal
- Nature's Path Hemp Waffles
- Kaia Foods Raw Buckwheat Granola (GF)
- 2 Mom's in the Raw Cereal
- Bob's Red Mill Gluten Free Rolled Oats (GF)
- Arrowhead Mills puffed rice, puffed millet, puffed corn cereal (GF)
- Nature's Path Mesa Sunrise Flakes (GF)
- Enjoy Life Crunchy Flax with Chia (GF)
- Nature's Path Whole O's Cereal (GF)

PASTA/GRAINS |

- Organic Plant soba noodles
- Organic Planet Whole Wheat Udon or Lomein Noodles
- Ezekiel Penne Pasta
- Ezekiel Linguine
- Quinoa flakes (GF)
- Explore Asian Organic Black Beans Spaghetti (GF)
- Explore Asian Organic Mung Bean fettuccine (GF)
- Andean Dream Quinoa Spaghetti (GF)
- Ancient Harvest Spaghetti (GF)
- Jovial Penne Rigate (GF)
- Le Veneziane Penne (GF)
- Bionaturae Elbow pasta (GF)
- Delallo Whole Grain Rice Fusilli (GF)

SNACKS |

- Mary's Gone Crackers- Onion, Rosemary, Plain, Black Pepper
- Trader Joe's Organic Corn Chips
- Trader Joe's Organic Popcorn with Olive Oil
- Late July Summer Blue Tortilla Chips
- Late July Summer Yellow Corn Chips

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BRANDS

SWEETS/DESSERTS |

- Cocomels- Coconut Milk based chocolates
- Alter Eco Quinoa Chocolate
- Dark Chocolate Chips
- Righteously Raw Bars
- Coconut Bliss Ice Cream- Ginger Cookie
- Coconut Bliss Ice Cream- Cherry Amaretto
- Coconut Palm Sugar
- Coconut Nectar (syrup)
- Date Sugar
- Nativas Naturals Raw Cacao Powder
- Nutiva Coconut Manna
- Artisana Coconut Butter

CONDIMENTS |

- Cold-pressed olive oil
- Nutiva Extra Virgin Coconut Oil
- Tamari
- Eden Farms Spaghetti Sauce
- Trader Joe's Basil Marina Sauce
- Low sodium vegetable broth/stock

FROZEN |

- Artichokes
- Asparagus
- All berries
- Mango
- Pineapple
- Acai
- Corn tortillas
- Mixed vegetables (no added ingredients)

BEVERAGES |

- Fair trade coffee- all kinds
- Synergy Kombucha
- Harmless Harvest 100% raw coconut water
- Trader Joe's coconut water
- GT's Kombucha
- Chia Star chia drinks
- Assorted Yogi teas, Traditional Medicinals, and Numi Teas