

**STRONG TO THE****COR****6-WEEK CHALLENGE****KARINA'S SHOPPING LIST**

This is a basic list of foods I recommend putting on your grocery list, as well as the foods that you should avoid. There are many more foods that are not listed here that are perfectly acceptable to include in your diet, so if you have a question about something, don't hesitate to ask!

I always suggest that you purchase local, organic, grass-fed, cage-free, wild, and raw (produce, meat, seafood, and dairy) whenever possible. It's a bit more expensive, but the health benefits are tremendous when compared to conventional foods.

**COMPLEX CARBOHYDRATES**

- Brown, Black, Wild Rice
- Oats (Old Fashioned or Steel Cut)
- Quinoa
- Whole-Wheat Pasta
- Yams/Sweet Potatoes
- Sprouted Grain Bread (Ezekiel)
- Cereals (Ezekiel, Kashi — watch the sugar)
- Black, Navy, Kidney, Garbanzo, Pinto Beans
- Whole-Wheat Flour (as well as barley, quinoa, rye, spelt, buckwheat, oat, etc.)
- Air-Popped Popcorn

**AVOID**

White pasta/rice/bread/flour, biscuits, bagels, grits, cream of wheat, muffins, pastries, desserts

**LEAN PROTEIN**

- Chicken Breast
- Turkey Breast
- Salmon, Tuna, Tilapia, Shrimp, Flounder, Halibut, Cod (fresh, frozen, or canned)
- Ham, Roast Beef, Chicken Deli Meat (Applegate Farms, organic)
- Beef or Pork Tenderloin, Sirloin
- Protein Powder
- 90-96% Lean Ground Beef
- Eggs, Egg Whites
- Cheese (part-skim mozzarella, feta, goat)
- 1-2% Cottage Cheese
- 0-2% Greek Yogurt (watch sugar content in flavored)

**AVOID**

Breaded meats, processed meats (sausages, pepperoni, hot dogs, bacon), dark meat, fatty cuts of beef

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**FRUITS**

- Bananas
- Strawberries
- Blackberries
- Blueberries
- Raspberries
- Kiwi
- Apples
- Oranges
- Grapefruit
- Grapes
- Pomegranates
- Cherries
- Lemons
- Limes
- Nectarines
- Cranberries
- Peaches
- Pears
- Papaya
- Melons
- Plums
- Goji (dried)

- Pineapple

- Tomatoes

**AVOID**

Canned or packaged fruits, fruit juices and drinks, dried fruits

**VEGETABLES**

- Artichoke
- Asparagus
- Bok Choy
- Beets
- Butternut Squash
- Carrots
- Broccoli
- Brussels Sprouts
- Cabbage
- Corn
- Green Peas
- Plantains
- Cauliflower
- Celery
- Cucumber
- Pumpkin

- Sweet Potatoes

- Winter Squash

- Eggplant

- Green Beans

- Kale

- Lettuce

- Mushrooms

- Onion

- Peppers

- Radishes

- Snow Peas

- Spinach

- Yellow Squash

- Zucchini

**AVOID**

Canned vegetables (unless no salt is added)

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**FATS**

- Avocado
- Almonds
- Walnuts
- Pistachios
- Sunflower Seeds
- Flax Seeds
- Brazil Nuts
- Pumpkin Seeds
- Macadamia Nuts
- Coconut
- EV Olive Oil
- Pine Nuts
- Nut Butters — Almond, Peanut, Cashew (all-natural, no sugar added)

**AVOID**

Butter, margarine, cream, shortening, corn oil, cottonseed oil, safflower oil, vegetable oil, canola oil, and peanut oil

**SWEETENERS**

- Applesauce
- Honey (raw)
- Pure Maple Syrup
- Stevia
- Lo Han Guo
- Xylitol

**AVOID**

Agave Nectar, Aspartame, NutraSweet, Splenda, Sucralose, Sweet'N Low, White and Brown Sugar

**SPICES & CONDIMENTS**

- Garlic
- Ginger
- Vinegars
- Mustard
- Herb Pastes
- Salsa
- Hot Sauce
- Dried Herbs
- Extracts
- Kimchi
- Broth/Stock
- Tomato Sauce
- Coffee
- Tea
- Salt-Free Spices
- Cooking Spray
- Sauerkraut
- Milks — Almond, Hemp, Coconut, Soy (all unsweetened)

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**FOR A SWEET TOOTH**

- Cacao Nibs
- Cocoa Beans
- 70% or Higher Dark Chocolate
- Unsweetened Cocoa Powder
- Unsweetened Coconut Flakes
- Berries or Other Fruits
- Roasted Squash with Cinnamon
- Plain Greek Yogurt Sweetened with Stevia

**FOR SALT CRAVINGS**

- Homemade Kale Chips
- Edamame
- Air-Popped Popcorn
- Cottage Cheese
- Nuts and Seeds (Try roasting your own!)
- Olives
- Raw Veggies with Hummus

**ALWAYS TRY TO AVOID**

- Alcohol
- Dips and Sauces — Mayonnaise, Onion Dip, BBQ Sauce, Ketchup
- “Diet” Foods — Weight Watchers, Lean Cuisine, 100 Calorie Packs
- Energy Drinks and Soda
- Restaurants and Fast Food
- High Fructose Corn Syrup (found in processed foods)
- Monosodium Glutamate (MSG)
- Fried Food
- Salad Dressings (low salt and sugar, minimal ingredients OK in moderation)
- Processed Foods — Chips, Cookies, Crackers, Cakes, Cereal Bars, Muffins, Pies, Pudding Cups, “Instant” Anything, Sugary Breakfast Cereals, Ice Cream, Frozen Meals, Boxed Rice or Pasta Mixes, Canned Soups and Meals