

ENERGYFIRST SHOPPING GUIDE

You will find most of these foods at a good health food/grocery store. Supplements are from EnergyFirst.

Supplements:

Protein: *EnergyFirst* Whey protein Isolate powder
(Vanilla and Chocolate)

Good Fats: *EnergyFirst* Omega oil blend,
EnergyFirst Omega Seed Mix

Greens: *EnergyFirst* Greenergy

Meat & Eggs (free range, organic is best):

Chicken Breast (no skin)

Turkey breast or whole turkey (take skin off when
cooked)

Sliced turkey (oven roasted) (cooked)

Wild game (venison, moose, quail, grouse etc.)

Organic beef (lean cut)

Wild caught halibut or other white fish

Wild-caught salmon filet (Coho, Alaska, etc.)

Wild-caught tuna filet (Ahi, Hawaiian, Albacore, etc.)

Fresh caught trout

Turkey burgers (Wampler's white meat brand from
Costco)

Salmon or tuna burgers (from Costco or Trader's)

Canned salmon (water packed - no oil or salt added)

Canned tuna (water packed - no oil or salt added)

Egg-beaters or All whites

Free-range eggs

Shrimp, scallops, crab, mussels, or clams

Oysters, Lobster, Crab

Dairy (only if you can tolerate it)

(organic is best):

Plain non-fat yogurt

Low fat cottage cheese

Low fat ricotta cheese

Non-fat mozzarella, cheddar, etc. cheese

Non-fat milk

Good fats (organic is best):

Raw almonds, cashews, walnuts, pecans, macadamia
(any raw nuts except peanuts)

Raw pine nuts

Raw pumpkin seeds

Raw sunflower seeds

Raw sesame seeds

Avocado

Extra Virgin olive oil

Tahini (ground sesame seeds)

Raw cashew or raw almond butter or raw macadamia
nut butter

Vegetables (organic is best):

Mixed greens

Sprouts of any kind (sunflower, alfalfa, pea greens,
bean sprouts)

Collard greens

Baby spinach

Lettuce (butter, romaine, red leaf etc)

Bok choy and other Asian greens

Snow peas

Broccoli

Peppers (yellow, green, red)

Cauliflower

Tomato

Green beans

Zucchini (green or yellow)

Yellow squash

Mushrooms

Yam or sweet potato

Jicama

High fiber fruit (organic is best):

Apples (green or red)

Asian Pears

Pears

Strawberries, blackberries, raspberries, blueberries,
cranberries (unsweetened, fresh or frozen)

Peaches (fresh or frozen)

Kiwi fruit

Cherries

Whole Grains & Whole Grain Products

(organic is best):

(Avoid cereals & other processed grains))

Brown or wild rice

Old Fashioned Oatmeal (not quick oats)

Kidney, lima, red, white, black beans

Lentils

Barley

Quinoa

Kamut

Sprouted grain bread

Low-carb bread (at Health food stores)

Whole grain pasta

Whole grain, low-carb tortillas (Trader Joe's)

Protein bars: Think Thin protein bars

Other: Organic almond milk, tofu, tempeh, miso,
mustard, herbs, spices, garlic, ginger, Bragg's amino
acids, sparkling water, stevia extract

