

# NERD FITNESS SHOPPING GUIDE

- Eat
- Eat Moderately
- Eat Sparingly

PROTEIN		
Protein	Look For	Examples
<b>SEAFOOD</b>	Wild Caught, Not Farmed	Salmon, Tuna, Lobster, Shrimp, Bass, Tilapia, Halibut, Trout, Swordfish, Crab
<b>POULTRY AND FOWEL</b>	Pasture Raised and Organic	Chicken, Turkey, Duck, Hen, Goose
<b>GRASS-EATING ANIMALS</b>	100% Grassfed and Organic when possible	Filets, Ground Beef, Bison, Venison, Kangaroo, Lamb
<b>EGGS</b>	Pastured and Organic.	Organic Pastured Eggs
<b>OTHER ANIMALS</b>	Pastured and Organic.	Pork, Rabbit
<b>PROCESSED MEATS</b>	"Nitrate-Free", Grass-fed and Organic	Bacon, Sausage, Jerky, Deli Meat

VEGETABLES	
<input type="checkbox"/> Asparagus	<input type="checkbox"/> Kale
<input type="checkbox"/> Artichoke	<input type="checkbox"/> Kohlrabi
<input type="checkbox"/> Beets	<input type="checkbox"/> Lettuce
<input type="checkbox"/> Bok Choy	<input type="checkbox"/> Mustard Greens
<input type="checkbox"/> Broccoli	<input type="checkbox"/> Onions
<input type="checkbox"/> Brussel Sprouts	<input type="checkbox"/> Rutabega
<input type="checkbox"/> Chicory	<input type="checkbox"/> Parsley
<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Peppers
<input type="checkbox"/> Celery	<input type="checkbox"/> Spaghetti Squash
<input type="checkbox"/> Chinese Cabbage	<input type="checkbox"/> Spinach
<input type="checkbox"/> Chives	<input type="checkbox"/> Tomatoes
<input type="checkbox"/> Collard Greens	<input type="checkbox"/> Turnips
<input type="checkbox"/> Cucumbers	<input type="checkbox"/> Zucchini
<input type="checkbox"/> Egg plant	<input type="checkbox"/> Carrots
<input type="checkbox"/> Escarole	<input type="checkbox"/> Yams
<input type="checkbox"/> Fennel	<input type="checkbox"/> Potatoes
<input type="checkbox"/> Green Cabbage	<input type="checkbox"/> Squash
<input type="checkbox"/> Red Cabbage	<input type="checkbox"/> Sweet Potatoes

FATS	
<input type="checkbox"/> Coconut Oil	<input type="checkbox"/> Pistachios
<input type="checkbox"/> Extra Virgin Olive Oil	<input type="checkbox"/> Cashews
<input type="checkbox"/> Animal Fats	<input type="checkbox"/> Macademia
<input type="checkbox"/> Ghee	<input type="checkbox"/> Almonds
<input type="checkbox"/> Macademia Oil	<input type="checkbox"/> Walnuts
<input type="checkbox"/> Fish Oil	<input type="checkbox"/> Sunflower Seeds
<input type="checkbox"/> Avocado	<input type="checkbox"/> Sunflower Butter
<input type="checkbox"/> Avocado Oil	<input type="checkbox"/> Brazil Nuts
<input type="checkbox"/> Pecans	<input type="checkbox"/> Almond Butter

FRUIT	
<input type="checkbox"/> Lime (1.1g)	<input type="checkbox"/> Pomegranate (12g)
<input type="checkbox"/> Lemon (1.4g)	<input type="checkbox"/> Papaya (12g)
<input type="checkbox"/> Cranberry (4g)	<input type="checkbox"/> Tangerine (13g)
<input type="checkbox"/> Raspberry (5g)	<input type="checkbox"/> Apples (13g)
<input type="checkbox"/> Kiwi (6g)	<input type="checkbox"/> Blueberries (15g)
<input type="checkbox"/> Plum (7g)	<input type="checkbox"/> Apricot (15g)
<input type="checkbox"/> Strawberries (7g)	<input type="checkbox"/> Pineapple (16g)
<input type="checkbox"/> Blackberries (7g)	<input type="checkbox"/> Pear (17g)
<input type="checkbox"/> Grapefruit (8g)	<input type="checkbox"/> Oranges (17g)
<input type="checkbox"/> Melon (9g)	<input type="checkbox"/> Watermelon (17g)
<input type="checkbox"/> Tangerine (9g)	<input type="checkbox"/> Bananas (18g)
	<input type="checkbox"/> Grapes (23g)

DRINKS	
<input type="checkbox"/> Water	Alcoholic
<input type="checkbox"/> Tea	
<input type="checkbox"/> Soda Water	
<input type="checkbox"/> Coconut Water	
<input type="checkbox"/> Coffee (Black Only)	
<input type="checkbox"/> Almond Milk	
<input type="checkbox"/> Red Wine	
<input type="checkbox"/> Whiskey	
<input type="checkbox"/> Rum	
<input type="checkbox"/> Vodka	
<input type="checkbox"/> Gin	
<input type="checkbox"/> Tequila	
<input type="checkbox"/> Light Beer	

\*Pick fruits with lower sugar content if you are keeping carb count low.  
 \*Aim for organic for fruits with soft skins.  
 \*Avoid dried fruits if weight loss is the goal  
 \*Avoid fruit juices, unless fresh squeezed, then only in moderation.

FOODS FOR WEIGHT GAIN	
<input type="checkbox"/> White Rice	<input type="checkbox"/> Sweet Potatoes
<input type="checkbox"/> Peanut Butter	<input type="checkbox"/> Yams
<input type="checkbox"/> Brown Rice	<input type="checkbox"/> Dried Raisins
<input type="checkbox"/> Almond Butter	<input type="checkbox"/> Legumes
<input type="checkbox"/> Whole Milk	

DAIRY
*Avoid if lactose intolerant, and for max weight loss
*Aim for Grass fed, pastured, organic
*Look for aged, unprocessed cheese.
*Always Whole Milk. Skim milk = sugar water
*Consider raw if you can find it

## AUTO IMMUNE DISORDER? EXPERIMENT BY ELIMINATING FOODS LIKE:

- Eggs
- Eggplant
- Pepper Spices
- Nuts
- Soy
- Cocoa
- NSAIDs

- Tomato
- Bell Peppers
- Dairy
- Seeds
- Guar
- Coffee