



NERD FITNESS SHOPPING GUIDE

- Eat
- Eat Moderately
- Eat Sparingly

PROTEIN

Protein	Look For	Examples
SEAFOOD	Wild Caught, Not Farmed	Salmon, Tuna, Lobster, Shrimp, Bass, Tilapia, Halibut, Trout, Swordfish, Crab
POULTRY AND FOWL	Pasture Raised and Organic	Chicken, Turkey, Duck, Hen
GRASS-EATING ANIMALS	100% Grassfed and Organic when possible	Filets, Ground Beef, Bison, Venison, Kangaroo, Lamb
EGGS	Pastured and Organic.	Organic Pastured Eggs
OTHER ANIMALS	Pastured and Organic.	Pork, Rabbit
PROCESSED MEATS	"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"/> Cantaloupe (12g) |
| <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"/> Red Wine |
| <input type="checkbox"/> Tea (watch for added sugar) | | <input type="checkbox"/> Whiskey |
| <input type="checkbox"/> Soda Water | | <input type="checkbox"/> Rum |
| <input type="checkbox"/> Coconut Water | | <input type="checkbox"/> Vodka |
| <input type="checkbox"/> Coffee (Black Only) | | <input type="checkbox"/> Gin |
| <input type="checkbox"/> Almond Milk | | <input type="checkbox"/> Tequila |
| | | <input type="checkbox"/> Light Beer |

*No Sweeteners and No Flavors

*Numbers in parentheses above are sugar count per average serving. Pick fruits with lower sugar content whenever possible.

*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 | |