



---

## WeightLossBlogging.Com healthy shopping list

### The Best Foods

- Green Leafy Vegetables like Kale, Collards, Bok Choy, Arugula, Cabbage, Spinach and Romaine Lettuce including the cruciferous Broccoli and Cauliflower
- All fruits; especially Berries like Strawberries, Blueberries and Blackberries
- A small Handful of Seeds or Nuts. But, be careful with these. It's easy to eat the whole bag and you don't need to eat them every day. They have lectins. They will get you fat and may cause damage to your cardiovascular system
- You can make your own Salad Dressings, Salsa and dips like humus. Just don't add any oil. Use apple cider vinegar and add Italian spice and garlic for a tasty salad dressing
- [List](#) of Alkaline and Acid Forming Foods

### The Worst Foods

- All Dairy products like Butter, Milk, Frozen Yogurt and Ice Cream are about the worst things you can eat on the planet
- Meat - this goes for Chicken and Fish and anything else with two eyes and a mother. It has the bad cholesterol. We don't have sharp claws and teeth. Therefore, meat was not made for us
- Oils and Fats like Margarine, Shortening, Olive Oil, Canola, Palm, Corn, Fast Foods like French Fries and Trans Fats or Hydrogenated

Oils, Potato Chips and fried foods. If you want to have a healthy heart, make certain you get all the added refined Fats and Oils completely out of your diet. You don't need them and they are bad news for your cardiovascular system. Stay away from refined and processed foods and snacks

- Candy and Chocolate
- Highly Salted Food
- High Fructose Corn Syrup and White Sugar
- All grains whole or not like refined Flour, be it white or whole wheat. This means no bread, tortillas and chips. Any grains like wheat, barley, oats, corn and any other have their own glutens which can cause leaky gut syndrome and inflammation. This also means no donuts, pastries, cookies, Pies, cakes and the like. Grains are designed for Horses, Pigs and Cattle to eat, not us. Just take a look at their bellies! Also, grains that have been stored in those silos can carry molds
- All processed food whether it come in a bag, bottle, can or package
- Don't ever cook with oil or drizzle it over your salad
- Avoid dried fruit. Bad for your teeth. It's gummy and sticks

### **The Worst Drinks**

- Coffee and Tea. Caffeine is no good. We don't need to be stimulated
- Alcoholic drinks like Whiskey, Beer and Wine are depressants and bad for the liver
- Soda Pop
- No bottled sweetened fruit drinks

- Avoid Juicing Fruits and Vegetables. Use your teeth to chew your food, instead

### **Get these in Organic because they have too much Pesticide**

- Apples
- Bell Peppers
- Blueberries
- Celery
- Collard Greens
- Grapes
- Kale
- Lettuces
- Nectarines
- Spinach
- Strawberries
- White potatoes (limit these because they are nightshade variety. I only eat one to two medium baked each day. They may also raise your blood sugar too quickly)

### **Food to Eat during the Day**

- Fruits - Most nutritious are all the Berries, Pomegranates and Oranges. But, eat whatever you like
- Two large green salads
- Beans and/or lentils (limit these, too, as they both have lectin. I don't eat more than about a cup a day of beans. Cook them well)
- Potatoes (also have lectin. Don't buy green ones. Bake them well) and Brown Rice (rice has arsenic and its own form of gluten)

including lectin, so it's a wise idea to limit rice. I don't eat more than one cup of brown rice a day.) Probably the best practice is not to eat potatoes or rice at all. We can actually live without them

- Vegetables - Most nutritious is Kale, Collards, Bok Choy, Brussel Sprouts and your Leafy Greens
- Cruciferous steamed or raw Vegetables like Broccoli
- Handful of unsalted roasted Seeds or Nuts
- Create your own Salad Dressings without Oil with apple cider vinegar, Italian spice, pepper and garlic powder
- Make your own Salsa with fresh tomatoes and humus Dip
- Salt and Pepper to taste. Add a little sugar if you like

\*Note- Before you change your diet, check with your doctor.

Information on this site is no substitute for professional medical advice.

Eating this way may or may not work for you.

WeightLossBlogging.Com

Copyright © 2016-2017

'All Rights Reserved'

By your author Steven Humphreys