



SERVING SIZES MAY VARY BY FOOD CHOICE

METABOLIC SHOPPING LIST

BEST PROTEIN

CHICKEN (SKIN REMOVED, LIGHT MEAT PREF)*
TURKEY (SKIN REMOVED, LIGHT MEAN PREF)*
LEAN GROUND BEEF (GRASS-FED PREFERRED)*
LEAN STEAK, FLANK (ALL FAT TRIMMED OFF)*
SALMON (2 SERVINGS/WEEK)*
AHI TUNA (2 SERVINGS/WEEK)*
EGG WHITES*
SHRIMP/SCALLOPS*
TILAPIA/HALIBUT/COD/SEA BASS*
ORGANIC WHEY OR PLANT BASED PROTEIN POWD.
LACTOSE FREE PLAIN YOGURT/COTTAGE CHEESE

BEST FAT

AVOCADO/AVOCADO OIL*
COCONUT (OIL/BUTTER/MANNA)*
WHOLE EGGS*
OLIVES/ OLIVE OIL*
HAZELNUT/BRAZIL NUTS /PECANS/PISTACHIOS*
CLARIFIED BUTTER/GHEE*
NATURAL ALMONDS/ALMOND BUTTER*
NATURAL CASHEW/CASHEW BUTTER*
ORGANIC CHEESE (WHITE CHEESE PREF)
FLAX/SUNFLOWER/PUMPKIN SEEDS
GRASS FED BUTTER (MODERATION)
RED PALM OIL/SEED OILS (MODERATION)
WALNUTS/PINE NUTS (MODERATION)

"*" = best of the best choices

BEST FRUIT

BERRIES (STRAW/BLOCK/RASP/BLUEBERRIES)*
ORANGES (NAVEL, BLOOD, TANGERINES)*
CHERRIES*
GRAPEFRUIT*
LEMONS/LIMES*
PEARS*
APPLE*
APRICOT
KIWI
MELONS (EXCEPT WATERMELON)
PEACHES/NECTARINES
PRUNES/PLUMS
POMEGRANATE

BEST STARCHY CARB

SWEET POTATOES/YAMS*
SQUASH (BUTTERNUT, SPAGHETTI, WINTER, PUMPKIN)*
BEANS (BLACK, WHITE, RED)/PEAS*
BEETS*
RED/PURPLE POTATO
EZEKIEL/GLUTEN FREE BREAD
CHICKPEAS
BROWN RICE/RICE CAKES
PLAIN 100% WHOLE ROLLED OATS (GLUTEN FREE PREF)
ROLLED GROTES
PARSNIPS/TURNIPS
QUINOA
WHEATBERRY/BUCKWHEAT/BULGAR/MILLET
CORN/CORN TORTILLAS

BEVERAGES:

WATER (FILTERED)*
SPARKLING WATER (W/O SODIUM OR ARTIFICIAL SWEETENERS ADDED)*
GREEN AND WHITE TEA* (UNSWEETENED)
COCONUT WATER*
1-2 CUPS OF BLACK COFFEE OR BLACK TEA MAXIMUM PER DAY (UNSWEETENDED)
LACTOSE FREE MILK (ALMOND, CASHEW OR COCONUT MILK OK (NOT CONDENSED VERSION))



A. WRIGHT FIT

METABOLIC SHOPPING LIST

GREEN/WHITE VEGETABLES

BROCCOLI/BROCCOLINI
CABBAGE
CAULIFLOWER
SALAD GREENS
HERBS
ARUGULA
ASPARAGUS
GREEN BELL PEPPER
GARDEN CRESS
BRUSSEL SPROUTS
CELERY
COLLARD/TURNIP GREENS
KALE
FENNEL
ENDIVE
GARLIC
GREEN BEANS/STRING BEANS
ZUCCHINI
JALAPENOS/CERRANOS/GREEN HOT PEPPERS
MUSHROOMS
SPINACH
BOK CHOY
WATERCRESS
SWISS CHARD
OKRA
WATERCRESS
CUCUMBER
ONION/SHALLOTS
JICAMA
ARTICHOKE

COLORED VEGETABLES

RED:

TOMATOES**
RED PEPPERS
RADISHES
RADICCHIO
RED ONIONS
(BEETS + RED POTATOES LISTED UNDER STARCH)

ORANGE/YELLOW:

CARROTS
YELLOW PEPPERS
RUTABAGAS
YELLOW WINTER SQUASH
YELLOW TOMATOES
YELLOW (BEETS, YAMS, CORN LISTED UNDER STARCH)

PURPLE/BLUE:

PURPLE CABBAGE/ENDIVE
PURPLE ASPARAGUS
EGGPLANT
PURPLE PEPPERS
PURPLE CARROTS
BLACK SALSIFY
(PURPLE POTATOES AS A STARCH, BLACK OLIVES AS A FAT)

FOODS TO LIMIT OR OMIT

OMIT ADDED SUGAR (INCLUDING: COCONUT SUGAR, HONEY, AGAVE, BROWN, REFINED, RAW & POWDERED)
OMIT ALL ARTIFICIAL FLAVORS, COLORS, SWEETENERS (STEVIA, ERYTHRITOL, XYLITOL ARE OK ON OCCASION)
EAT SPARINGLY SUGARY FRUIT (TROPICAL, BANANA, GRAPES, WATERMELON, MANGO, PASSION FRUIT) AND DRIED
EAT SPARINGLY SOY (INCLUDING: TOFU, SOY BEANS (EDAMAME), SOY SAUCE, BEAN CURD, SOY MILK)
EAT SPARINGLY OVERLY PROCESSED FOOD. KEEP # OF LISTED INGREDIENTS TO 5 OR LESS AS MUCH AS POSSIBLE.
AVOID OVER CAFFEINATING YOURSELF (LIMIT COFFEE TO 1-2 CUPS PER DAY AND DRINK GREEN TEA INSTEAD)