

Shopping List

Local Grocery Store

When you decide to make changes in your diet for health reasons, food quality is everything! If you purchase animal products that have not been sustainably raised versus animals that have you will notice the level of inflammation in your body. Inflammation is at the core of almost every dis-ease in the body. When you are inflamed your body will hold on to weight. It's that simple.

We have control of what we put in and our bodies so I always advise the clients I work with to choose the higher quality of food your body is worth it. So this is what we look for:

Meats – grass fed, pastured raised

Fish – wild caught

Dairy – grass fed, organic, raw

Eggs – Pastured raised

Lunch meat – free of hormones, Applegate

Butter – grass fed, Kerry Gold

Nut butters & seeds – sugar free and organic if possible

Organic Produce – look for the label organic and the number 9 followed by 4 digits (e.g. 90431)

Spices - Simply Organic

Salt – Redmond Real Salt

Jerky - Beef or Chicken Epic Bars

I have found the above at Smith's, Trader Joe's and even local farms

Thrive Market

If you haven't heard of Thrive Market, go to my website www.DrLindaMarquez.com/shop and you will see a link to Thrive Market. I get a lot of my dry goods there at a fraction of a price of most grocery stores including Amazon. You can even get 20% off on your first order, so check it out. Some of my favorite brands and foods are:

Primal Kitchen Mayo & Avocado Oil

Nutiva Coconut Oil

Coconut Secret Coconut Aminos (like soy sauce)

Artisana coconut and nut butters

Fourth & Heart Ghee (I love this!!!)

Great Lakes Gelatin & Collagen

Fatworks Foods beef tallow, duck fat, pure lard

Wild Planet Sardines & Salmon

Jilz Gluten-Free Crackerz

Pure 7 Chocolate 100% Cacao

Thrive Market Organic Shredded Coconut

Bullet Proof

Organic Coffee

Fullscript

An online professional-grade supplement dispensary with hundreds of professional supplement brands. Get 10-20% off. Go to www.DrLindaMarquez.com/shop

Note:

If you are taking the time to invest in regaining or optimizing your health please make sure you invest in high quality foods and supplements. Food products or supplements that are not at their purest state can also contribute to inflammation.

Some Essentials For The Keto Lifestyle

- Organic coconut butter
- Organic coconut oil
- Organic coconut milk (canned and carton)
- Organic coconut cream
- ExtraVirgin Olive Oil
- Avocado Oil
- MCT Oil

- Balsamic Vinegar
- Lemon Juice
- Organic Unsweetened Cranberry Juice
- Bragg's Apple Cider Vinegar
- Grass fed Bone Broth
- Stevia drops
- Sea Salt or Himalayan Pink Salt
- Salsa
- Hemp Hearts
- Olives
- Pickles
- Sauerkraut
- Primal Kitchen Mayonaise
- Balsamic Vinegar
- Chia Seeds
- Coconut Flakes
- Cacao nibs
- 70% dark chocolate chips or bar
- Cinnamon
- Vanilla
- Chicken
- Ground Beef
- Bacon
- Sausage
- Steak
- Pork Chops
- Salmon
- Pastured raised eggs
- Grass fed ghee
- Kerry Gold butter
- Coconut yogurt unsweetened
- Full fat organic grass fed plain yogurt
- Designs For Health Pure Paleo Chocolate Protein
- Paradise Protein & Greens
- Lemons
- Avocados
- Strawberries
- Blueberries
- Sweet potato
- Spinach
- Kale
- Cabbage
- Butter lettuce or green lettuce
- Grape tomatoes
- Celery
- Cucumber

- Bell peppers
- Bitter Greens – choose at least 3-5 (arugula, endive, broccoli rabe, dandelion greens, escarole, frisee, kale, radicchio, turnip greens, watercress)
- Onions
- Mushrooms
- Pecans
- Macadamia nuts
- Cashews
- Sunflower seeds
- Organic coffee
- Organic teas