

TruHealth 30-Day Fat-Loss System

Approved Foods

You can't create sustainable, healthy eating without knowing where to start. Below is a shopping list that will help as you plan your meals.

Goat milk is closer to a human mother's milk than cow's milk is. Because of this, it can be easier to digest and assimilate in the human body.

Vegetables (organic)

- o Artichokes
- o Asparagus
- o Arugula
- o Bamboo shoots
- o Basil
- o Bean sprouts
- o Beets
- o Beet sprouts
- o Bell peppers, any variety
- o Bok choy
- o Broccoli
- o Brussels sprouts
- o Cabbage
- o Carrots
- o Cauliflower
- o Celery
- o Chard
- o Chives
- o Coconut
- o Collard greens
- o Cilantro
- o Cucumbers
- o Eggplant
- o Endive
- o Fennel
- o Garlic
- o Hearts of palm
- o Jalapeño peppers
- o Jicama
- o Kale
- o Leeks
- o Lettuce (romaine)
- o Mushrooms
- o Mustard greens
- o Okra
- o Onions
- o Oregano
- o Parsnips
- o Pumpkin
- o Radishes
- o Red peppers
- o Rutabaga
- o Shallots
- o Spinach
- o Sprouts
- o Squash

- o String beans
- o Sweet potatoes
- o Swiss chard
- o Turnips
- o Wasabi root
- o Water chestnuts
- o Watercress
- o Yucca root
- o Zucchini

Fruits (organic)

- o Apples*
- o Apricots*
- o Avocados (in moderation)
- o Bananas*
- o Blackberries
- o Blueberries
- o Cantaloupe
- o Cherries*
- o Clementine
- o Coconut
- o Cranberries
- o Grapes, red
- o Grapes, white
- o Grapefruit
- o Honeydew melon
- o Kiwi
- o Kumquats
- o Limes
- o Lemons
- o Mangoes*
- o Mulberries*
- o Melon, any variety
- o Nectarines*
- o Oranges
- o Papaya*
- o Peaches*
- o Pears
- o Pineapple
- o Plums*
- o Pomegranate*
- o Rhubarb
- o Raspberries
- o Strawberries

- o Tomatoes
- o Watermelon*

Protein (organic/wild caught/free range/antibiotic and hormone free)

- o Chicken breast
- o Chicken legs
- o Chicken, whole
- o Cod
- o Halibut
- o Lean beef
- o Salmon
- o Tuna
- o Turkey
- o Turkey breast
- o Wild Game

Grains and Legumes (organic)

- o Wild/brown rice
- o Oats
- o Millet
- o Quinoa
- o Beans
- o Peas
- o Lentils

Oils (organic)

- o Coconut oil
- o Olive oil
- o Flax seed oil
- o Hemp seed oil
- o Grape seed oil

Nuts/Seeds

- o Chia seeds
- o Hemp seeds
- o Sunflower seeds
- o Almonds
- o Walnuts
- o Cashews

Fresh Herbs/Spices (organic)

- o All spice
- o Basil
- o Bay leaf

- o Cayenne
- o Cilantro
- o Cinnamon
- o Cloves
- o Cumin
- o Garlic
- o Ginger
- o Mint
- o Oregano
- o Paprika
- o Parsley
- o Pepper
- o Sea Salt
- o Turmeric

Broths (ready-made, organic)

- o Beef
- o Chicken
- o Vegetable

Miscellaneous

- o Curry Paste
- o Mustard
- o Dijon
- o Carob powder
- o Cocoa powder
- o Seaweed
- o Vanilla extract
- o Coffee/Tea
- o Hummus

Milk Substitutes

- o Almond milk
- o Coconut milk

Sugars/Sweeteners

- o Bananas*
- o Xylitol
- o Whole-leaf stevia
- o Stevia

Water

- o Filtered
- o Mineral
- o Spring
- o Coconut

Fresh fruit can be a healthy and nutritious food with many vitamins, minerals and fiber. Typically the recommendation to eat fresh fruit as your appetite dictates holds true for many people. However, if you are above your ideal weight, the elimination of higher-sugar fruits may be necessary. It is best to consume vegetables instead of high-glycemic fruits. For some people, fructose consumption may be a problem; fruits that have a high fructose-to-glucose ratio should be avoided. Therefore, fruits with the * by them should be avoided or minimized.