

THE DIET SOLUTION

FOOD SHOPPING GUIDE

*Your Resource to easily
find the RIGHT FOODS
FOR YOU!*

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www.TheDietSolutionProgram.com

Shopping List

Following the Diet Solution Program can mean a big lifestyle shift for many people. This guide is meant to help you choose among the many brands available and source the new staple foods in your Meal Plans. Many healthy foods and supplements are increasingly available online, so if your local sources are limited or inconvenient, check out online vendors like Amazon.com, among others—you might be surprised to find a case of a product you use regularly at an affordable price.

I mention specific brands throughout this guide because they are the ones I have researched and found to fit the program best. If you cannot find these brands and cannot order them online, you can make substitutions using your judgment and the principles you have learned here. However, I strongly encourage these as I have already eliminated several brands that claim one thing and deliver another.

I keep an up-to-date list of healthy choices I have compiled online at:

<http://shop.thedsp.info>

Add this link to your favorites and refer to it often for the latest healthy and delicious items available.

Bread

Sprouted Grain Breads

When shopping for sprouted bread products you want to ensure that the ingredients indicate “sprouted wheat” and not “refined wheat flour” or “unbleached enriched wheat flour”. You are looking for wheat in its most natural form and preferably **sprouted**.

For example, here are the ingredients in a loaf of Food for Life brand’s Ezekiel 4:9 organic bread:

*Organic Sprouted Wheat, *Organic Sprouted Barley, *Organic Sprouted Millet, Malted Barley, *Organic Sprouted Lentils, *Organic Sprouted Soybeans, *Organic Spelt, Filtered Water, Fresh Yeast, Sea Salt.

Ezekiel Bread comes in many different varieties including Cinnamon Raisin, English Muffins, Rolls, and Tortillas. It can be found in most health food stores and supermarkets (sometimes in the freezer section) and the following:

- Food for Life (www.foodforlife.com)

***Most people tend to prefer Ezekiel Bread toasted

You do not have to purchase this brand specifically. The important thing is to closely read the ingredients of any bread you buy.

Rice Bread

If you are not able to obtain a sprouted grain bread, your next best choice would be rice bread, made from rice flour. These breads are gluten and wheat free and are much more digestible by the body.

In this case you are looking for the first ingredient to be “Brown Rice Flour”. If you are not able to locate brown rice flour bread, rice flour is your next best option.

You may also choose to make your own bread with this simple and basic recipe.

Gluten Free Rice Bread Recipe

Ingredients

1 cup brown rice

7/8 cup water

1 egg

1 teaspoon baking powder

1/4 teaspoon salt

Soak the rice in the water overnight (6-12 hours). Grind the rice and water mixture in blender until the rice particles in the batter reach the consistency of fine salt. Add egg, baking powder and salt to the batter, mix well. Bake COVERED for 30 minutes in a well-oiled eight-inch iron skillet or a casserole dish (a well-seasoned iron skillet can't be beat for baking with rice).

Spelt Bread

If you are not extremely intolerant to wheat or gluten, you also may choose to eat spelt bread (spelt belongs to the wheat family and does contain gluten but is sometimes much easier to digest for people who have a difficult time digesting wheat).

You want to ensure that the first ingredient is “spelt flour”.

Make sure to carefully read the label of your bread to ensure that it does NOT contain these ingredients:

- Hydrogenated Oil
- High Fructose Corn Syrup
- Bleached, enriched flour
- Wheat Gluten
- Artificial Flavor
- Sugars or Artificial Sweeteners (Aspartame or Sucralose)

Dairy

Choose raw organic dairy products. Unless the label indicates “raw” chances are the milk has been pasteurized and homogenized. The only way to truly obtain raw milk is to become familiar with its source (either via a local farm or one of the websites below).

Some states do sell milk that is not homogenized but is still pasteurized. If you are not able to obtain completely raw milk, this would be a great option.

The following Web sites provide information about obtaining raw organic dairy products in the United States:

- Butter and Cheese (www.grasslandmeats.com)
- A Campaign for Real Milk (www.realmilk.com)
- Organic Pastures (www.organicpastures.com)
- The Weston A. Price Foundation (www.westonaprice.org)

If obtaining raw dairy is extremely difficult to purchase where you live, only purchase Organic Dairy products. Make sure the label indicates:

- Free of Antibiotics
- Free of Hormones
- Cows fed organic feed

Meats, Poultry and Fish

All of the animal protein you choose should be hormone- and antibiotic-free, organic, and preferably grass-fed. Sources include local health food stores and the following:

- U.S. Wellness Meats (www.grasslandmeats.com)
- Vital Choice (www.vitalchoiceorganics.com)

Read the labels of the meat you purchase very carefully. The word “natural” does not represent animals that have been raised without the use of hormones and antibiotics. If you are not able to obtain organic meats or would like to reduce the cost of the meats you buy, look for

- Grown without the use of growth hormones
- Grown without the use of antibiotics

Fish should always be purchased “wild”. Be sure to ask your supermarket agent whether the fish you are purchasing is farm raised or wild. Choose wild.

Nut Butter

Choose nut butters (e.g., almond, walnut, cashew, or macadamia nut) made from raw (not roasted) organic nuts. Sources include local health food stores and the following:

- Nut Butters (www.wildfamilynaturals.com)
- Nut Butters (<http://nutbutter.worldofrawfood.com>)

If you are unable to find these brands, make sure that the brand that you choose only has a minimal amount of ingredients. For example, the ingredients label for Almond Butter should read

- Raw (Organic) Almonds

And that's it! Some nut butters add salt but it is best to find those without added salt. Stay away from brands that list the first ingredient as "Dry Roasted Almonds".

Natural Peanut Butter is a bit more difficult to obtain in its raw state. I encourage you to try some of the other nut butter varieties (walnut, cashew, macadamia nut) or make your own Homemade Peanut Butter made from raw peanuts.

Homemade Peanut Butter

1 cup raw peanuts

4 Tbsp water

1-2 Tbsp of raw honey depending on taste (2 is very sweet)

1 1/2 Tbsp coconut or extra virgin olive oil

Put all ingredients into your food processor and blend. It will become spreadable but not creamy.

Oil

For high-heat cooking, **coconut oil** is your best choice.

Look for the following statements on the label:

- certified organic
- unrefined
- no chemicals (including hexane) added
- unbleached
- not deodorized
- not hydrogenated
- made from traditional coconut palms only (no GMO varieties)
- cold-pressed (no heat used in the extraction process).

Sources include local health food stores and the following:

- Extra Virgin Traditional Philippine (www.wildfamilynaturals.com)
- Extra Virgin Coconut Oil (www.naturalsunfood.com)
- Tropical Traditions (www.tropicaltraditions.com)

You can also use **butter** for high heat cooking, in recipes or on top of vegetables. Organic raw butter made from grass fed cows would be your best choice. If you are unable to find raw, organic butter from grass fed cows is your next best. If either is not available, organic butter can also be used.

Make sure the ingredients on the label are:

- Organic cream (or milk)
- Salt (I purchased unsalted and then add my own Sea Salt)

For medium-heat cooking (sautéing) and use straight from the bottle (on salads and cooked foods), choose organic extra-virgin **olive oil**. It should be cold-pressed, cloudy (unrefined), and sold in a dark bottle. Sources include local health food stores and the following:

- Bariani EVOO (www.naturalsunfood.com)
- Organic EVOO. (<http://evoo.vitalchoiceorganics.com>)
- Bragg EVOO (www.truefoodsmkt.com)
- Purely Organic, Ltd. (www.purelyorganic.com)
- Whole Foods Market (www.wholefoodsmarket.com)

Omega-3 Supplements

Cod liver oil should be taken in the winter because of its higher vitamin D content. (Although our bodies synthesize vitamin D from the sun's ultraviolet rays, sun exposure typically is insufficient during the winter.) The softgel is more stable than the liquid, which goes rancid quickly and should be kept in the refrigerator. Take according to instructions on the bottle.

Fish oil should be taken in the summer because of its lower vitamin D content. The softgel is more stable than the liquid, which goes rancid quickly and should be kept in the refrigerator. Take according to instructions on the bottle, or 1 milliliter for every 10 pounds of body weight (1 teaspoon = 5 milliliters).

The following brands, available at local health stores and online, are tested by independent laboratories for the absence of heavy metals:

- Krill Oil (<http://fishoilforyou.getprograde.com/icon>)
- Sockeye Salmon Oil softgels (<http://salmonoil.vitalchoiceorganics.com>)
- Carlson Labs (<http://www.carlsonlabs.com>)
- Nordic Naturals (<http://nordicnaturals.com>)

Salt

Choose pure unrefined sea salt with no additives, preferably Celtic sea salt. Sources include local health food stores and the following:

- Celtic Sea Salt brand (www.celticseas.com)
- Redmond's Real Salt (www.wildfamilynaturals.com)

If you are not able to find either one of these brands, look for a brand that is **unrefined**. There are many varieties of sea salts available in most grocery stores but unless the label indicates “unrefined”, this salt has been put through many degrading artificial processes and is no longer a healthy salt. It also may contain many chemical additives.

Make sure the salt you purchase does NOT contain any of the following:

- Sugar (added to stabilize Iodine and as anti-caking chemical)
- Aluminum silicate.

You may also use Himalayan Salt, as it is also unrefined and completely raw. It can be found in health food stores and online:

- Himalayan Salt (www.wildfamilynaturals.com)

Stevia

Many stevia formulations are available (e.g., liquid, powder, powder plus inulin fiber). The liquid extract is ideal for all beverages, and the powders are ideal for baking. Powders are suitable for use in hot liquid but may not dissolve in cold liquids. Read packages to determine which product is right for you and the correct amounts to use in recipes. Sources include local health food stores and the following:

- Steviva (www.steviasweetener.com)

Make sure your stevia product does NOT contain Maltodextrin.

Some stevia powders include inulin fiber. This is OK, as it is a natural fiber also found in fruits and vegetables (although some people complain that this particular fiber has given them gas and bloating). Make sure to monitor your own body's response.

Xylitol

If you do not enjoy the taste of stevia, you may want to try xylitol instead. Again, always be sure to monitor your body's response to any new food, as some people do not digest xylitol well.

The ingredients label should only list "xylitol" and no other additives.

Agave Syrup

Agave Syrup is another great, natural sweetener alternative. Be sure to use it in moderation, as it does still contain calories in the form of carbohydrates.

The best varieties of Agave Syrup are raw and organic. Make sure the brand you purchase does NOT contain any chemicals, toxins, or preservatives. The label should only say: Agave Nectar, or Pure Agave Nectar.

Water Filtration Systems

Our bodies absorb water not only from food and drink but also through the skin, the body's largest organ. You should filter water for bathing as well as for drinking and cooking (i.e., at the kitchen sink). A whole-house filtration system takes care of this and more; it is installed where the main water line enters the home and filters the water before it flows throughout your plumbing system.

A good online resource is the following:

- Sun Water Systems (www.sws-aquasana.com) sells Aquasana brand products for kitchen, bathroom, and whole-house water filtration as well as glass bottles for water storage – best news here is that we talked with Sun Water Systems and they are willing to give Diet Solution Program customers a **20% discount** using the link above.

If you are not able to get access to Sun Water Products, look for a filtration system that filters out:

- Chlorine
- Lead
- VOCs (volatile organic chemicals)
- THMs (trihalomethanes)
- Cryptosporidium
- Giardia
- MTBE

A good quality filtration system should list that they are able to filter these chemicals right on the box or on their website.

***Remember the latest items that I have personally approved will all be on the DSP online shopping list here:

<http://shop.thedsp.info>