



THE METABOLIC RESET GROCERY LIST

PRIMARY FOODS (2 SERVINGS PER MEAL*):

1. FRESH PROTEINS:

- a. BEEF
- b. GAME MEATS
- c. LAMB
- d. PORK
- e. POULTRY
- f. FISH
- g. ROE
- h. SHELLFISH
- i. EGGS

2. FRESH OR FROZEN VEGETABLES:

- a. ASPARAGUS
- b. BROCCOLI
- c. BRUSSELS SPROUTS
- d. CAULIFLOWER
- e. CORN
- f. CUCUMBERS
- g. GOURDS
- h. GREEN BEANS
- i. LEAFY GREENS
- j. LETTUCES
- k. MUSHROOMS

- l. PEPPERS
- m. SQUASH
- n. TOMATOES

SECONDARY FOODS (1 SERVING PER MEAL*)

1. FRESH OR FROZEN FRUIT:

- a. APPLES
- b. AVOCADOS
- c. BANANA
- d. BERRIES
- e. CITRUS
- f. GRAPEFRUIT
- g. GRAPES
- h. MANGOES
- i. MELONS
- j. NECTARINES
- k. ORANGES
- l. PEACHES
- m. PEARS
- n. PINEAPPLE
- o. PLUMS

2. ROOT VEGETABLES:

- a. BEETS
- b. CARROTS
- c. GARLIC
- d. ONIONS
- e. RUTABEGA
- f. TURNIPS
- g. WHITE OR SWEET POTATOES

3. DAIRY (NO SUGAR ADDED):

- a. BUTTER
- b. CHEESE
- c. MILK

- d. YOGURT
- 4. GRAINS:
 - a. RICE
 - b. OATMEAL
 - c. CORN
 - d. PASTA
 - e. BREAD
- 5. CONDIMENTS:
 - a. KETCHUP
 - b. MAYONNAISE
 - c. MUSTARD
 - d. RELISH
 - e. BBQ SAUCE
 - f. HOT SAUCE
 - g. PESTO
 - h. SALAD DRESSING
 - i. GUACAMOLE
- 6. DARK CHOCOLATE (72% AND UP)
- 7. CURED MEATS:
 - a. BACON
 - b. SAUSAGE
 - c. DELI MEATS
- 8. PRESERVED PRODUCE:
 - a. OLIVES
 - b. PICKLED VEGETABLES
 - c. SAUERKRAUT
 - d. KIMCHI
 - e. CHOW CHOW

TERTIARY FOODS (EXTREME MODERATION <4 SERVINGS PER WEEK*)

- 3. LEGUMES:
 - a. CHICKPEAS
 - b. BEANS

- c. PEANUTS
4. NUTS:
- d. ALMONDS
 - e. COCONUT
 - f. MACADAMIA NUTS
 - g. PECANS
 - h. WALNUTS
5. SEEDS:
- i. CHIA
 - j. FLAX
6. UNSWEETENED ALCOHOLIC DRINKS:
- k. CLEAR LIQUOR
 - l. DRY WINE
 - m. CHAMPAGNE