The Cida Fitness Grocery Food List





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**Healthy Fats: 3 – 5 servings per day**

Eat:

* Coconut Oil
* Coconut Meat
* Olive Oil
* Macadamia Nut Oil
* Avocados
* Olives
* Organic Grass-Fed Butter
* Organic Yogurt (Full-Fat)
* Ghee
* Free Range Eggs (with yolk)
* Grass-Fed Beef, Bison, Buffalo or Lamb
* Sardines, Anchovies or Haddock in Water or Olive Oil
* Wild Salmon, Trout, Tilapia or Flounder
* Triglyceride-Based Fish Oil
* Pure Cod Liver Oil

Moderate: (Healthy Fats)

* Raw Nuts
* Raw Seeds
* Almond Butter
* Palm Oil
* Cold Pressed Flax Oil
* Organic Peanut Butter
* Dark Chocolate
* Brazil Nut
* Cashew
* Hazelnut
* Macadamia Nut
* Pecan
* Pili Nut
* Pine Nut
* Pistachio
* Sacha Inchi
* Walnut
* Chia Seed
* Coconut Butter
* Hemp Seed
* Pumpkin Seed
* Young Coconut

Avoid (Unhealthy Fats):

* Roasted Nuts
* Roasted Seeds
* Regular Peanut Butter
* Regular Butter
* Non-organic Meats or Industrial Meats
* Margarine
* Any “Spreadable” Condiments
* Farmed Fish
* Commercial Salad Dressings
* Safflower Oil
* Sunflower Oil
* Canola Oil
* Cottonseed Oil
* Commercial Flax Seed Oil
* Soy Ice Cream
* Regular Ice Cream
* Milk Chocolate
* Partially Hydrogenated Oils (trans fats)

Vegetables: 4 – 5 Servings Per Day

Eat:

Sprouts

Avocados

Olives

Asparagus

Broccoli

Cauliflower

Cabbage

Bok Choy

Collards

Swiss Chard

Kale

Mustard Greens

Nori (Seaweed)

Arugula

Celery

Cilantro

Dandelion

Dark Green Cabbage

Endive

Fennel

Lettuce

Parsley

Purslane

Spinach

Spring Onion (Green)

Cucumber

Pepper (Green, Red, Yellow)

Onions

Garlic

Egg Plant

Moderate (Vegetables):

* Sweet Potatoes
* Yams
* Plantains
* Potatoes
* Peas
* Carrots
* Squash
* Zucchini

Avoid (Vegetables):

* Canned Vegetables
* Non-organic, Un-rinsed Vegetables

Non-Vegetable Carbohydrates: 1 – 2 Servings Per Day

Eat:

* Wild Rice
* Brown or White Rice
* Quinoa
* Amaranth
* Millet
* Sorghum
* Teff
* Beans and Legumes
* Gluten-Free Oats

Moderate (Non-Vegetable Carbohydrates):

* Raw Seeds and Nuts
* Regular Oats

Avoid (Non-Vegetable Carbohydrates):

* Any Wheat Products
* Canned Beans and Legumes
* GMO Corn
* Soy Beans
* Soy Nuts
* Regular Yogurt
* Bread, Cereal, Bagels, Crackers, Cookies
* Roasted Nuts and Seeds
* Processed Soy Products (soy hotdog, soy burger, soy sausage, etc.)

Proteins: 2 – 3 Servings Per Day

Eat: (Proteins)

* Free Range Eggs (with yolk)
* Grass-Fed Beef, Bison, Buffalo, or Lamb
* Pasture-Raised, Organic Pork
* Sardines, Anchovies or Haddock in Water or Olive Oil
* Wild Salmon, Trout, Tilapia or Flounder
* Whey Protein Powder
* Casein Protein Powder
* Rice Protein Powder
* Hemp Protein Powder
* Organic Yogurt (Full-Fat)

Moderate: (Proteins)

* Raw Cheese from Grass Fed Cows
* Organic Cottage Cheese
* Naturally Preserved or Dried Meats
* Egg Protein Powder
* Soaked or Sprouted Beans and Legumes
* Raw Seeds and Nuts
* Raw Nut Butter

Avoid: (Proteins)

* Non-organic Dairy Products
* Processed Cheeses
* Non-organic, Commercially Processed Meat
* Chemically Preserved or Dried Meats
* Protein Powders with Artificial Sweeteners, soy and wheat
* Textured Vegetable Proteins
* Soy Protein Powder
* Tofu
* Roasted Seeds and Nuts
* Roasted Nut Butter
* Regular or Canned Beans/Legumes

Fruit: 1 – 2 Servings Per Day

Eat:

* Apples
* Acai
* Apricots
* Bananas
* Blueberry
* Blackberry
* Cherries
* Cantaloupe
* Cacao Fruit
* Figs
* Goji Berry
* Grapes with Seeds
* Grapefruit
* Incan Berries
* Kiwi
* Mangoes
* Mangosteen
* Melon with Seeds
* Mulberry
* Nectarines
* Oranges
* Papayas
* Passion Fruit
* Paw-Paw
* Pomegrante
* Peaches
* Pears
* Pineapple
* Plum
* Rasberry
* Watermelon

Moderate (Fruit):

* Lemons
* Limes
* Strawberries
* Dates

Avoid (Fruit):

* Canned Fruit
* Fruit in Syrup
* Fruit Candy
* Sugar Coated Dried Fruit
* Packaged Dried Fruit

Herbs, Spices & Sweeteners: Use When Needed

Eat:

* Cinnamon
* Cloves
* Stevia
* Xylitol
* Turmeric
* Curry
* Cumin
* Fennel
* Star Anise
* Garlic
* Ginger

Moderate (Herbs, Spices & Sweeteners):

* Raw, Pollinated Honey
* Organic Maple Syrup
* Blackstrap Molasses
* Truvia
* Red Pepper
* Black Pepper
* Apple Cider Vinegar

Avoid (Herbs, Spices & Sweeteners):

* Processed Sugar
* Candy
* High Fructose Corn Syrup
* Regular Honey
* Aspartame
* Sucralose
* MSG
* Agave Syrup

Super Foods: Use As Desired In Protein Shakes

* Acai
* Cacao
* Bee Pollen
* Maca
* Kelp
* Spirulina
* Chlorella
* Coconut Oil
* Aloe Vera
* Goji Berries
* Chia Seeds