



Unprocessed Meats

Ground Beef
Flank steak
Top sirloin steak
London broil
Chuck steak
Any other steak cut
Veal
Pork loin
Pork chops

Poultry

Chicken breast
Chicken thighs
Chicken Wings
Turkey breast
Game hen breasts

Eggs

Chicken (go for the enriched omega 3 variety)
Duck
Goose

Other meats

Rabbit meat (any cut)
Goat meat (any cut)

Organ meats

Beef, lamb, pork, and chicken livers
Beef, pork, and lamb tongues
Beef, lamb, and pork marrow
Beef, lamb, and pork "sweetbreads"

Game meat

Alligator
Bear
Bison (buffalo)
Caribou
Elk
Emu
Goose
Kangaroo
Muscovy duck
New Zealand cervena deer
Ostrich
Pheasant
Quail
Rattlesnake
Reindeer
Squab
Turtle
Venison
Wild boar
Wild turkey

Fish

Bass
Bluefish
Cod
Drum
Eel
Flatfish
Grouper
Haddock
Halibut
Herring
Mackerel
Monkfish
Mullet
Northern pike
Orange roughy
Perch
Red snapper
Rockfish
Salmon
Scrod
Shark
Striped bass
Sunfish
Tilapia
Trout
Tuna
Turbot
Walleye
Any other commercially available fish

Shellfish

Abalone
Clams
Crab
Crayfish
Lobster
Mussels
Oysters
Scallops
Shrimp

CrossFit Grocery Cart

Sarasota

Fruit

Apple
 Apricot
 Avocado
 Banana
 Blackberries
 Blueberries
 Boysenberries
 Cantaloupe
 Carambola
 Cassava melon
 Cherimoya
 Cherries
 Cranberries
 Figs
 Gooseberries
 Grapefruit
 Grapes
 Guava
 Honeydew melon
 Kiwi
 Lemon
 Lime
 Lychee
 Mango
 Nectarine
 Orange
 Papaya
 Passion fruit
 Peaches
 Pears
 Persimmon
 Pineapple
 Plums
 Pomegranate
 Raspberries
 Rhubarb
 Star fruit
 Strawberries
 Tangerine
 Watermelon
 All other fruits

Vegetables

Artichoke
 Asparagus
 Beet greens
 Beets
 Bell peppers
 Broccoli
 Brussels sprouts
 Cabbage
 Carrots
 Cauliflower
 Celery
 Collards
 Cucumber
 Dandelion
 Eggplant
 Endive
 Green onions
 Kale
 Kohlrabi
 Lettuce
 Mushrooms
 Mustard greens
 Onions
 Parsley
 Parsnip
 Peppers (all kinds)
 Pumpkin
 Purslane
 Radish
 Rutabaga
 Seaweed
 Spinach
 Squash (all kinds)
 Swiss chard
 Tomatillos
 Tomato
 Turnip greens
 Turnips
 Watercress Encouraged Foods

Nuts and Seeds

Almonds
 Brazil nuts
 Cashews
 Chestnuts
 Hazelnuts (filberts)
 Macadamia nuts
 Pecans
 Pine nuts
 Pistachios (unsalted)
 Pumpkin seeds
 Sesame seeds
 Sunflower seeds
 Walnuts

Other

Olive, avocado, walnut, coconut, and canola oils. Coconut milk