

THE SMARTER SCIENCE OF SLIM PRINTER FRIENDLY GROCERY LIST BY JONATHAN BAILOR

NON-STARCHY VEGETABLES (BUY ENOUGH FOR 10+ SERVINGS PER DAY)

Alfalfa Sprouts	Chard	Mustard Greens
Artichoke	Chives	Onion
Arugula	Collards	Parsley
Asparagus	Cucumber	Peas
Avocado	Dandelion Greens	Peppers
Bean Sprouts	Eggplant	Pumpkin
Beets	Endive	Romaine Lettuce
Bell Peppers	Escarole	Sauerkraut
Bok Choy	Garlic	Shallot
Broccoflower	Green Beans	Snow Peas
Broccoli	Kale	Spinach
Brussels Sprouts	Leaf Amaranth	Squash
Cabbage	Leeks	Sugar Snap Peas
Carrots	Lemon Grass	Tomatoes
Cauliflower	Mixed greens	Turnip Greens
Celery	Mushrooms	Zucchini

FRUITS (BUY ENOUGH FOR 2-4 SERVINGS PER DAY)

Apricots	Guava	Pear
Avocado	Honeydew Melon	Pineapple
Blackberries	Kiwifruit	Plums
Blueberries	Mango	Raspberries
Cantaloupe	Orange	Strawberries
Cherries	Papaya	Tangerine
Grapefruit	Peaches	Watermelon

PROTEIN (BUY ENOUGH FOR 5+ SERVINGS PER DAY)

Bison	Ham	Sirloin Steak
Catfish	Herring	Sirloin Tip
Chicken	Lamb	Snapper
Clams	Lobster	Sole
Cod	Mackerel	Soy Protein Powder
Cornish Hen	Mahi Mahi	Soybeans
Crab	Mussels	Squid (Calamari)
Croaker	Octopus	Swordfish
Egg Whites	Oysters	Tenderloin
Eggs	Perch	Tilapia
Elk	Pollock	Tofu
Extra Lean Beef	Pork	Top Loin
Eye of Round	Rabbit	Top Round
Low-Fat Cottage Cheese	Rump Roast	Trout
Low-Fat <i>Plain Greek</i> Yogurt	Salmon	Tuna
Flank Steak	Sardines (& Anchovies)	Turkey
Flounder	Scallops	Venison
Haddock	Sea Bass	Whey Protein Powder
Halibut	Shad	Whitefish
	Shrimp	

NUTS AND SEEDS (BUY ENOUGH FOR 2 TO 4 SERVINGS PER DAY)

Almonds	Hemp Seeds	Pistachios
Brazil Nuts	Kola Nut	Pumpkin Seeds
Cashews	Macadamia Nuts	Sesame Seeds
Chestnuts	Milled Flax Seeds	Squash Seeds
Chia Seeds	Peanuts	Sunflower Seeds
Hazelnuts	Pecans	Walnuts

HOW TO READ NUTRITION LABELS

When it comes to SANE eating, nutrition label reading isn't critical. Non-starchy vegetables, seafood, lean meat, protein powders with no added sugar, low-fat or fat free plain Greek yogurt, low-fat or fat free cottage cheese, berries, citrus fruits, nuts, or seeds are SANE. Starches and sweets are inSANE. No nutrition label needed.

For everything else, here are six simple tips to keep in mind when reading nutrition labels.

1. The more fiber the better.
2. The more protein the better.
3. The less sugar the better.
4. The fewer ingredients the better.
5. The more vitamins and minerals per serving relative to calories per serving the better.
6. If the ingredients include *added sweeteners that contains calories* (list below), hydrogenated anything, or starch (flour, corn, rice, barley, etc.) try to avoid it.

LIST OF SWEETENERS TO AVOID

Agave Nectar	Dextrose	Lactose
Barley Malt	Diastatic Malt	Malt Syrup
Beet Sugar	Diatase	Maltodextrin
Brown Sugar	Ethyl Maltol	Maltose
Buttered Syrup	Evaporated Cane Juice	Maple Syrup
Cane Crystals	Fructose	Molasses
Cane Juice Crystals	Fruit Juice	Muscovado Sugar
Cane Sugar	Fruit Juice Concentrates	Panocha
Caramel	Galactose	Raw Sugar
Carob Syrup	Glucose	Refiner's Syrup
Castor Sugar	Glucose Solids	Rice Syrup
Confectioner's Sugar	Golden Sugar	Sorbitol
Corn Sweetener	Golden Syrup	Sorghum Syrup
Corn Syrup	Granulated Sugar	Sucrose
Corn Syrup Solids	Grape Sugar	Sugar
Crystalline Fructose	High-Fructose Corn Syrup	Syrup
Date Sugar	Honey	Treacle
Demerara Sugar	Icing Sugar	Turbinado Sugar
Dextran	Invert Sugar	Yellow Sugar