

NUTRIENT DENSE FOOD LIST

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PROTEINS | PASTURE-RAISED | WILD CAUGHT

POULTRY

-CHICKEN
-TURKEY
-DUCK

BOVIDAE

-GRASS-FED LAMB
-GRASS-FED BEEF
-GRASS-FED BISON

FISH & SHELLFISH

-SALMON -SNAPPER
-HALIBUT -TUNA
-SNAPPER -SARDINES
-SHRIMP -ANCHOVIES
-COD -TROUT

SUPPLEMENTAL

-HEMP PROTEIN
-PEA PROTEIN
-COLLAGEN PROTEIN
-RICE PROTEIN

PORK OR BACON

WILD GAME

OFFAL

FRUITS | ORGANIC | FRESH OR FROZEN | NOT DRIED

-APPLES
-UNSWEETENED APPLESAUCE
-APRICOTS
-BANANAS
-BERRIES OF ANY KIND
-CHERRIES
-CRANBERRIES

-FRESH FIGS
-GRAPEFRUIT
-GRAPES
-KIWI
-KUMQUATS
-LEMONS
-LIMES

-MANGOES
-MELONS
-NECTARINES
-ORANGES
-PEACHES
-PEARS
-PLANTAINS

-PLUMS
-PAPAYA
-PINEAPPLE
-PRICKLY PEAR
-STAR FRUIT

VEGETABLES | ORGANIC | FRESH OR FROZEN

-ARTICHOKES
-ARUGULA
-ASPARAGUS
-BAMBOO SHOOTS
-BEETS
-BOK CHOY
-BROCCOLI

-BROCCOLINI
-BRUSSELS SPROUTS
-CABBAGE
-COLLARD GREENS
-CARROTS
-CAULIFLOWER
-CELERY

-CHIVES
-CUCUMBERS
-KALE
-LEEKS
-LETTUCE
-MUSTARD GREENS
-PARSNIPS

-RADISHES
-SPINACH
-TURNIPS
-YELLOW SUMMER SQUASH
-ZUCCHINI

STARCHY VEGETABLES

-ACORN SQUASH -BUTTERNUT SQUASH -PUMPKIN -SPAGHETTI SQUASH -SWEET POTATOES

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GRAINS | LEGUMES

LEGUMES

- CHICKPEAS
- BLACK BEANS
- PINTO BEANS
- LENTILS
- KIDNEY BEANS
- SPLIT PEAS
- GREEN PEAS
- GREEN BEANS

GRAINS

- GLUTEN FREE OATS
- BROWN RICE
- WHITE RICE
- QUINOA
- ORGANIC CORN

HEALTHY FATS & OILS

- AVOCADO
- AVOCADO OIL
- ANIMAL FATS, (BEEF, POULTRY, PORK)
- OLIVE OIL
- COCONUT MILK OR MEAT
- COCONUT OIL

SPICES | FLAVORINGS | FRESH OR DRIED

- APPLE CIDER VINEGAR
- BASIL
- BAY LEAF
- BLACK PEPPER
- CARDAMOM
- CAROB
- CILANTRO
- CINNAMON
- CLOVE
- CUMIN
- DILL
- FENNEL
- GARLIC
- GINGER
- MUSTARD
- NUTMEG
- OREGANO
- PARSLEY
- ROSEMARY
- SEA SALT
- STEVIA
- TARRAGON
- THYME
- TURMERIC

BEVERAGES

- FILTERED WATER
- SPARKLING WATER
- HERBAL TEAS
- COFFEE
*IN MODERATION
- UNSWEETENED
VEGETABLE JUICE