



Shopping Guide

Recommended Proteins (ideally choose the ones that are best for your Metabolic Type)

- **Red meat** (beef, lamb, venison): Buy it from **pasture-fed, organic** animals. Organ meats, unpopular cuts and the bones (for nourishing bone broth) are good choices to keep the budget low. Using the fat and the bones allows decreasing the amount of meat you need to cover your protein needs (protein-saving effect).
- **Poultry** (chicken, turkey, duck) from **pasture-fed, organic** animals. Buy the **whole animal** whenever possible. Use the bones, feet & heads for nourishing bone broth and the organs for extra vitamin A, D and K2 (if you don't like organs, try to hide them in ground meat or in a soup!)
- **Fish & Sea-Food**: Choose **sustainably** fished sorts. Prefer **wild** over farmed fish. Vary the fish you eat. Regularly include wild, fatty fish for omega 3 (sardines, herring, wild salmon, mackerel...). Limit the consumption of sorts likely to be contaminated with heavy metals, such as tuna. **Small fish** (e.g. sardines) are lower in heavy metals. To reduce the impact of toxins present in almost all fish, consider using a **Chlorella** based supplement before consumption. Use heads and bones for a nourishing fish broth! Canned fish can be a good option, too, but make sure to buy it in water or extra virgin olive oil, not sunflower oil or sauce, and ideally in jars. Raw fish should only be consumed from trustworthy sources since it is often contaminated with parasites (at home make sure to freeze the fish for 14 days before usage in sushi)!
- **Bone broth** from organic chickens, beef or fish together with vegetables, herbs, spices and splash of vinegar provides a **nourishing** source of proteins, improving the nutritional profile and digestibility of any meal (e.g. grains / legumes cooked in broth or used as a basis for soup). If you buy it ready-made, make sure it is actually made from real bones and meat and doesn't contain yeast extract. Avoid broth cubes.
- **Eggs** from **pasture-fed, organic** animals. As a rule of thumb: The deeper yellow the yolk, the higher the percentage of pasture in the chicken's diet as opposed to a light yellow color when mainly grain-fed (also true for "organic" eggs).
- **Full fat dairy** (milk, yoghurt, cheese): Only buy **RAW** (= unpasteurized and not homogenized) milk and cheese from pasture-fed, organic cows, goats or sheep.
- **Legumes** (lentils, beans, peas). Buy **uncooked** in **organic** quality (cooked ones are NOT prepared correctly and contain a lot of anti-nutrients). Soak, ferment and/or sprout prior to cooking. Prefer those brands that source them in Europe (i.e. Vajra) and not in Asia or Latin America.



Recommended fats (choose the ones best for your Metabolic Type):

- **Coconut Oil:** Buy in **raw organic extra virgin** quality made from fresh coconuts
- **Red Palm Oil:** Buy in **organic, extra virgin, sustainably harvested** quality
- **Butter:** Only buy **raw-milk** butter from **pasture-fed** cows
- **Ghee** butter: clarified butter (even more heat stable than normal butter)
- **Lard/Tallow/Duck grease:** from **organic, pasture-fed** animals
- **Nuts/Seeds**, esp. macadamia, almonds, pecans, cashews and brazil nuts: Buy in **organic, raw** food quality, if possible with the shell and always in air-tight packaging (not "en vrac"). Again, watch out for the country of origin.
- **Vegetable Oils:** Olive Oil, Flaxseed Oil, Walnut Oil in **organic, raw, extra virgin** quality and **small, dark bottles for cold use** only.
- Avocados
- Red meat, chicken, fish, full-fat dairy, eggs from pasture-fed animals (see above)
- **Cod liver oil and omega 3 fish oil, evening primrose oil and black currant seed oil** as supplements for omega 3 and specific omega 6 fatty acids.

Recommended carbohydrates (ideally choose the ones best for your Metabolic Type):

- **Vegetables/Fruits:** Buy **organic, local and seasonal** whenever possible, but definitely the "[dirty dozen](#)". Prefer **fresh** over frozen and avoid cans (low nutritional value, lots of sugar plus risk of bisphenol A in the tins). Aim for 7-9 servings, of which only 1 or max. 2 servings of fruit!
- **Grains/Grain products:** Buy **whole grains** in **organic** quality. Prefer brands that source them in Europe (i.e. Vajra). Soak or roast before cooking. If possible, produce your own flour from whole grains instead of buying whole grain flour in the store (probably already rancid when you buy it). Stay away from all refined grain products. Vary the grains you eat regularly. Limit the consumption of bread, and buy only **organic, whole grain bread prepared from sourdough or sprouted grains**.

Others

- **Salt:** only buy **unrefined Celtic / Guernsey Sea Salt or Himalaya Salt**.
- **Spices & Herbs:** always buy in **organic** quality to avoid contamination with pesticides and additives/glutamate.