

A + A WELLNESS™

HEALTHY FOOD

SHOPPING GUIDE



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A + A WELLNESS™
FITNESS. NUTRITION. LIFESTYLE

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*** ALWAYS BUY:**



NON-STARCHY VEGETABLES



Artichoke



Arugula



Asparagus



Bean Sprouts



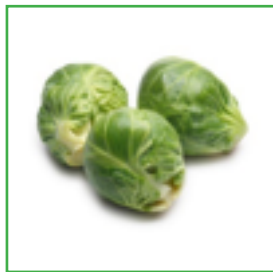
Beet Greens



Broccoli*



Boy Choy



Brussels Sprouts



Cabbage
(Green, Chinese, & Napa)



Cauliflower



Celery*



Chicory



Chives



Collard Greens



Cucumbers*



Dandelion Greens



Endive*



Escarole*



Fennel

FERMENTED VEGETABLES (KIM-CHI, SAUERKRAUT, ETC)



Garlic



Green Onions



Fresh Herbs (Any)



Kale



Kohirabi



Lettuce (All)*



Mustard Greens



Onions (Any)



Peppers (All)*



Purslane



Radishes



Rapini



Rutabaga



Scallions



Shallots



Spinach*



Sprouts/Micro Greens



Snow Peas/Pea Pods



Summer Squash*



Swiss Chard*



Tomatillos



Tomatoes*



Turnips



Water Chestnuts



Watercress



Zucchini*

STARCHY VEGETABLES (GENTLE CARBOHYDRATES)



Acorn Squash



Beet Roots



Butternut Squash



Carrots*



Corn*



Green Peas



Parsnip



Plantain



Potato - Red



Pumpkin



Sweet Potato (Any)



Yams (Any)

GRAINS & STARCHY SEEDS



Oatmeal (Gluten-Free)



Quinoa - Any Variety



Rice (Brown, Basmati, Jasmin, Wild)

FERMENTED PROBIOTIC VEGETABLES



LOW-SUGAR FRUITS



Acerola Cherry



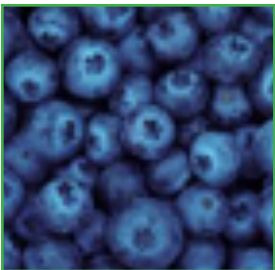
Blackberries*



Black Currants



Bilberry



Blueberries*
(Wild is best)



Cranberry*



Elderberry



Granny Smith
Apple*



Grapefruit



Guava



Kiwi



Lemon



Lime



Pomegranate



Raspberry*



Strawberries*

ANIMAL PROTEINS



Beef (Lean Cuts)



Beef (Ground)
85% lean+, 100% Grass Fed or
100% USDA Organic



Beef Liver



Bison



Chicken Breast



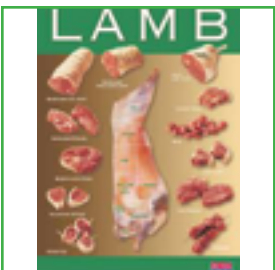
Eggs



Egg Whites



Goat



Lamb/Sheep



Ostrich



**Partridge/Peasant
Breast**



Rabbit



Seafood (Any)
As long as wild-caught
& NOT farmed



Salmon (Canned)
Wild-caught salmon & tuna



**Wild Game (Any)
and Venison**



Turkey Breast

PROTEIN POWDERS - WHEY, EGG & VEGAN

Egg White Protein Powders

without artificial preservatives, colorings, flavors and sweeteners



Vegan Protein Powders

Brown Rice, Pea, & Cranberry sources only. Absolutely NO Soy based proteins!!



PROTEIN BARS

QuestBar®

Only the following flavors, as the rest of the flavors contain Sucralose - an artificial sweetener!



MEAL REPLACEMENT POWDERS – VEGAN



MEAL REPLACEMENT POWDERS – WHEY PROTEIN BASED



SWEETENERS



CONDIMENTS



CONDIMENTS



SNACKS



BAKING FLOURS



COOKING FATS & OILS



HEALTHY FATS



RAW NUTS - BRAZIL, MACADAMIA, HAZELNUT, WALNUT, PECAN, ALMONDS, PISTACHIOS

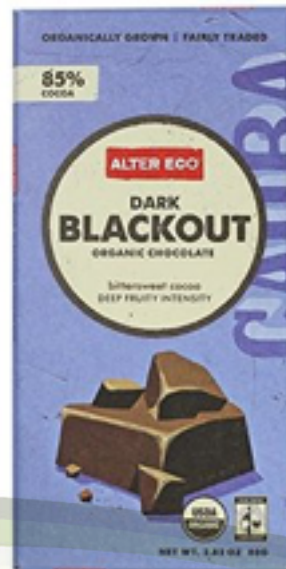


RAW SEEDS

PUMPKIN, SUNFLOWER, SESAME, HEMP SEEDS



HEALTHY CHOCOLATE



BEVERAGES



BEVERAGES



BEVERAGES



INGREDIENTS TO AVOID

Anything made with wheat, barley, or rye flours



Anything containing any gluten



GMOs (Genetically Modified Organisms) Buy 100% Certified Organic & Non-GMO Verified Project® Products



INGREDIENTS TO AVOID

Added sugar - avoid any sugar, natural or not



Alcohol



INGREDIENTS TO AVOID

Chlorine - Chlorinated Water, and DBPs (Disinfection by-products)



Artificial Sweeteners



Artificial Food Colorings

Artificial Food Coloring

Blue 1, Blue 2, Yellow 5, Yellow 6, Red 40

Found in yogurts, mac and cheese, hot dogs, sports drinks, cake mixes, etc.

Used to be made from natural sources like beets, grape skin, tumeric and saffron.

Today, most food coloring is made from coal tar & petroleum.

Same stuff used in lice shampoo & pavement sealcoat.

Know What's in Your "Food"!

FD&C Blue No. 1 - Brilliant Blue FCF, E133 (blue shade)
 FD&C Blue No. 2 - Indigotine, E132 (indigo shade)
 FD&C Green No. 3 - Fast Green FCF, E143 (turquoise shade)
 FD&C Red No. 40 - Allura Red AC, E129 (red shade)
 FD&C Yellow No. 5 - Tartrazine, E102 (yellow shade)
 FD&C Yellow No. 6 - Sunset Yellow FCF, E110 (orange shade)

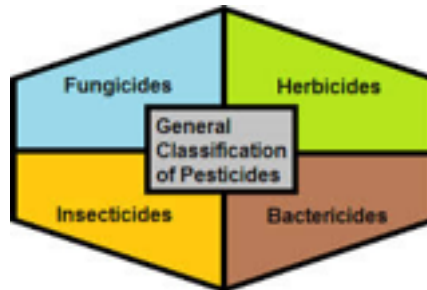
Food Dyes Linked to ADHD & Cancer

INGREDIENTS TO AVOID

Artificial Flavors



Pesticides, Fungicides, Herbicides



Processed Foods



INGREDIENTS TO AVOID

Sodas



Fruit Juices



INGREDIENTS TO AVOID

Soy - Anything containing soy or any soy-based products.



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