

THE HEALTHY HORMONE METHOD

shopping list

These are options only. You can choose anything you like from the list. *Italicized* items can be purchased from your vital.ly account. Underlined items have a hyperlink to purchase from iHerb

ANIMAL PROTEIN (MEAT, SEAFOOD & EGGS) ORGANIC, GRASS FED & FINISHED, FREE RANGE AND WILD CAUGHT PREFERRED WHERE POSSIBLE

- | | | |
|---|---|---|
| <input type="checkbox"/> Abalone | <input type="checkbox"/> Emu | <input type="checkbox"/> Prawns |
| <input type="checkbox"/> Beef | <input type="checkbox"/> Goat | <input type="checkbox"/> Quail |
| <input type="checkbox"/> Bison | <input type="checkbox"/> Goose | <input type="checkbox"/> Rabbit |
| <input type="checkbox"/> Boar | <input type="checkbox"/> Kangaroo | <input type="checkbox"/> Scallops |
| <input type="checkbox"/> Buffalo | <input type="checkbox"/> Lamb | <input type="checkbox"/> Snails |
| <input type="checkbox"/> Chicken | <input type="checkbox"/> Lobster | <input type="checkbox"/> Turkey |
| <input type="checkbox"/> Clams | <input type="checkbox"/> Moreton Bay Bugs | <input type="checkbox"/> Veal |
| <input type="checkbox"/> Crab | <input type="checkbox"/> Mussels | <input type="checkbox"/> Venison |
| <input type="checkbox"/> Crayfish | <input type="checkbox"/> Ostrich | <input type="checkbox"/> Any Wild Caught Fish |
| <input type="checkbox"/> Duck | <input type="checkbox"/> Pork | |
| <input type="checkbox"/> Eggs (Caviar, Chicken, Duck, Emu,
Goose, Ostrich, Quail, Roe) | | |

CURED MEAT – NATURAL & SUGAR-FREE

- | | | |
|-------------------------------------|-----------------------------------|-------------------------------------|
| <input type="checkbox"/> Bacon | <input type="checkbox"/> Coppa | <input type="checkbox"/> Prosciutto |
| <input type="checkbox"/> Beef Jerky | <input type="checkbox"/> Ham | <input type="checkbox"/> Salami |
| <input type="checkbox"/> Chorizo | <input type="checkbox"/> Pancetta | <input type="checkbox"/> Sausages |

OFFAL – ORGANIC, GRASS FED & FINISHED, FREE RANGE WHERE POSSIBLE

- | | | |
|--------------------------------------|---------------------------------|--------------------------------------|
| <input type="checkbox"/> Bone Marrow | <input type="checkbox"/> Kidney | <input type="checkbox"/> Sweetbreads |
| <input type="checkbox"/> Heart | <input type="checkbox"/> Liver | <input type="checkbox"/> Tongue |

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DAIRY

- *Only Consume If Well Tolerated
- **Always Consume Full-Fat Products
- ***Grass-Fed & Organic Where Possible

- | | | |
|---|--|--|
| <input type="checkbox"/> Butter | <input type="checkbox"/> Greek Yogurt – Plain, Unflavoured | <input type="checkbox"/> Natural Yogurt – Plain, Unflavoured |
| <input type="checkbox"/> Cottage Cheese | <input type="checkbox"/> Hard Cheeses | |
| <input type="checkbox"/> Cream & Double Cream | <input type="checkbox"/> Kefir | <input type="checkbox"/> Soft Cheeses |
| <input type="checkbox"/> Ghee | <input type="checkbox"/> Milk | |

VEGETABLES – ORGANIC WHERE POSSIBLE

- | | | |
|--|---|---------------------------------------|
| <input type="checkbox"/> Alfalfa Sprouts | <input type="checkbox"/> Daikon | <input type="checkbox"/> Pak Choy |
| <input type="checkbox"/> Artichokes | <input type="checkbox"/> Dandelion Greens | <input type="checkbox"/> Parsnips |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Eggplant | <input type="checkbox"/> Pumpkin |
| <input type="checkbox"/> Bean Sprouts | <input type="checkbox"/> Endive | <input type="checkbox"/> Radicchio |
| <input type="checkbox"/> Bok Choy | <input type="checkbox"/> Fennel | <input type="checkbox"/> Radishes |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Garlic | <input type="checkbox"/> Rocket |
| <input type="checkbox"/> Broccolini | <input type="checkbox"/> Green Beans | <input type="checkbox"/> Shallots |
| <input type="checkbox"/> Brussels Sprout | <input type="checkbox"/> Jicama | <input type="checkbox"/> Silverbeet |
| <input type="checkbox"/> Butternut Squash | <input type="checkbox"/> Kale | <input type="checkbox"/> Snap Peas |
| <input type="checkbox"/> Cabbage (Drum, Red) | <input type="checkbox"/> Kohlrabi | <input type="checkbox"/> Snow Peas |
| <input type="checkbox"/> Capsicum | <input type="checkbox"/> Leeks | <input type="checkbox"/> Spinach |
| <input type="checkbox"/> Carrot | <input type="checkbox"/> Lettuce | <input type="checkbox"/> Spring Onion |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Mushrooms | <input type="checkbox"/> Sprouts |
| <input type="checkbox"/> Celeriac | <input type="checkbox"/> Mustard Greens | <input type="checkbox"/> Turnips |
| <input type="checkbox"/> Celery | <input type="checkbox"/> Okra | <input type="checkbox"/> Watercress |
| <input type="checkbox"/> Chili | <input type="checkbox"/> Olives | <input type="checkbox"/> Wombok |
| <input type="checkbox"/> Cucumber | <input type="checkbox"/> Onion | <input type="checkbox"/> Zucchini |



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FRUIT – ORGANIC WHERE POSSIBLE

- *Berries Preferred Fruit Choice
- **Avoid Dried Fruit

- | | | |
|--|---|---------------------------------------|
| <input type="checkbox"/> Apples | <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Pears |
| <input type="checkbox"/> Apricot | <input type="checkbox"/> Grapes | <input type="checkbox"/> Persimmons |
| <input type="checkbox"/> Avocado | <input type="checkbox"/> Guava | <input type="checkbox"/> Pineapple |
| <input type="checkbox"/> Banana | <input type="checkbox"/> Honeydew Melon | <input type="checkbox"/> Plums |
| <input type="checkbox"/> Blackberries | <input type="checkbox"/> Kiwifruit | <input type="checkbox"/> Pomegranate |
| <input type="checkbox"/> Blueberries | <input type="checkbox"/> Lemon | <input type="checkbox"/> Quince |
| <input type="checkbox"/> Boysenberries | <input type="checkbox"/> Lime | <input type="checkbox"/> Raspberries |
| <input type="checkbox"/> Cherries | <input type="checkbox"/> Mandarins | <input type="checkbox"/> Rockmelon |
| <input type="checkbox"/> Coconut | <input type="checkbox"/> Mango | <input type="checkbox"/> Star Fruit |
| <input type="checkbox"/> Cranberries | <input type="checkbox"/> Nectarine | <input type="checkbox"/> Strawberries |
| <input type="checkbox"/> Figs | <input type="checkbox"/> Oranges | <input type="checkbox"/> Tangerines |
| <input type="checkbox"/> Goji Berries | <input type="checkbox"/> Passion Fruit | <input type="checkbox"/> Tomato |
| <input type="checkbox"/> Gooseberries | <input type="checkbox"/> Pawpaw | <input type="checkbox"/> Watermelon |
| | <input type="checkbox"/> Peaches | |

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NUTS & SEEDS

- | | | |
|---|---|---|
| <input type="checkbox"/> <u>Almonds</u> | <input type="checkbox"/> <u>Hempseeds</u> | <input type="checkbox"/> <u>Pine Nuts</u> |
| <input type="checkbox"/> <u>Brazil Nuts</u> | <input type="checkbox"/> <u>Macadamia</u> | <input type="checkbox"/> <u>Psyllium Husks</u> |
| <input type="checkbox"/> <u>Chia Seeds</u> | <input type="checkbox"/> <u>Pecans</u> | <input type="checkbox"/> Sesame Seeds |
| <input type="checkbox"/> <u>Flax Seeds</u> | <input type="checkbox"/> <u>Pepita</u> | <input type="checkbox"/> <u>Sunflower Seeds</u> |
| <input type="checkbox"/> <u>Hazelnuts</u> | | <input type="checkbox"/> <u>Walnuts</u> |

HEALTHY FATS & OILS - SATURATED FATS

- *Use for Cooking
- **Organic, Grass Fed & Finished, Free Range Where Possible

- | | | |
|---|--|--|
| <input type="checkbox"/> Bacon Grease* | <input type="checkbox"/> Coconut Yogurt - Plain,
Unflavoured | <input type="checkbox"/> Ghee* |
| <input type="checkbox"/> Butter* | <input type="checkbox"/> <u>Coconut Oil*</u> - Organic, Extra
Virgin, Unrefined | <input type="checkbox"/> <u>Lard*</u> (Pork Fat) |
| <input type="checkbox"/> <u>Coconut Cream</u> | <input type="checkbox"/> <u>Duck Fat*</u> | <input type="checkbox"/> Schmaltz* (Chicken Fat) |
| <input type="checkbox"/> Coconut Milk | <input type="checkbox"/> Full-Fat Dairy | <input type="checkbox"/> <u>Tallow*</u> (Beef Fat) |

HEALTHY FATS & OILS - UNSATURATED FATS

- *Do not use for Cooking
- **Organic, Extra Virgin Cold-Pressed Where Possible

- | | | |
|---|--|-------------------------------------|
| <input type="checkbox"/> <u>Avocado Oil</u> | <input type="checkbox"/> Macadamia Nut Oil | <input type="checkbox"/> Sesame Oil |
| <input type="checkbox"/> <u>Flaxseed Oil - Occasional
Use</u> | <input type="checkbox"/> Olive Oil | <input type="checkbox"/> Walnut Oil |

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HERBS & SPICES

- Fresh or Dried
- *Including, But not Limited To

- | | | |
|---|--|--|
| <input type="checkbox"/> Anise | <input type="checkbox"/> Cumin | <input type="checkbox"/> Onion |
| <input type="checkbox"/> Basil | <input type="checkbox"/> Curry | <input type="checkbox"/> Oregano |
| <input type="checkbox"/> Bay Leaf | <input type="checkbox"/> Dill | <input type="checkbox"/> Paprika - Sweet or Smoked |
| <input type="checkbox"/> Caraway | <input type="checkbox"/> Fennel Seeds | <input type="checkbox"/> Parsley |
| <input type="checkbox"/> Cardamon | <input type="checkbox"/> Garlic | <input type="checkbox"/> Pepper - Black or White |
| <input type="checkbox"/> Cayenne | <input type="checkbox"/> Ginger | <input type="checkbox"/> Rosemary |
| <input type="checkbox"/> Celery Seed | <input type="checkbox"/> Himalayan Pink Salt | <input type="checkbox"/> Saffron |
| <input type="checkbox"/> Celtic Sea Salt | <input type="checkbox"/> Kaffir Lime | <input type="checkbox"/> Sage |
| <input type="checkbox"/> Chili - Flakes or Powder | <input type="checkbox"/> Lavender | <input type="checkbox"/> Star Anise |
| <input type="checkbox"/> Chives | <input type="checkbox"/> Lemongrass | <input type="checkbox"/> Tarragon |
| <input type="checkbox"/> Cinnamon | <input type="checkbox"/> Marjoram | <input type="checkbox"/> Thyme |
| <input type="checkbox"/> Clove | <input type="checkbox"/> Mint | <input type="checkbox"/> Turmeric |
| <input type="checkbox"/> Coriander | <input type="checkbox"/> Mustard Seeds | <input type="checkbox"/> Vanilla |
| | <input type="checkbox"/> Nutmeg | |

FERMENTED FOOD

- | | | |
|---------------------------------|-------------------------------------|--|
| <input type="checkbox"/> Kefir | <input type="checkbox"/> Kombucha | <input type="checkbox"/> Yogurt – Full Fat, Plain,
Unflavoured Coconut,
Greek or Natural |
| <input type="checkbox"/> Kimchi | <input type="checkbox"/> Sauerkraut | |

SWEETENERS

- | | | |
|--|---|---|
| <input type="checkbox"/> <u>Erythritol</u> | <input type="checkbox"/> <u>Monk Fruit</u> | <input type="checkbox"/> <u>Xylitol - **Toxic to Dogs</u> |
| | <input type="checkbox"/> <u>Stevia - Liquid or Powdered</u> | |

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PANTRY

- Almond Flour
- Baking Powder – Aluminium-Free
- Baking Soda – Aluminium-Free
- Bone Broth
- Cacao Butter
- Cacao Powder
- Capers
- Coconut Aminos
- Coconut Butter
- Coconut – Shredded or Flakes, Unsweetened
- Coconut Flour
- Coconut Flour Wraps
- Coconut Milk or Cream (the kind used for curries) – Full Fat, Unsweetened
- Collagen
- Dark Chocolate – 70-99%
- Epic Bars & Bar
- Fish Sauce
- Gelatine
- Hemp Protein Powder
- Mayonnaise
- Mustard
- Natvia
- Nori Wraps
- Nut Butters
- Pea Protein Powder
- Pork Crackling
- Primal Kitchen Dressings and Sauces
- Salmon – Spring Water or Olive Oil, Wild
- Sardines – Spring Water or Olive Oil, Water
- Slendier Noodles
- Slendier Rice
- Sriracha Sauce
- Tahini
- Teriyaki Sauce
- Tomato Paste
- Tomato Sauce – No Sugar or Preservatives
- Tuna – Spring Water or Olive Oil, Wild
- Vinegar – Apple Cider, Balsamic, Red Wine
- Whole Earth Baker's Secret

BEVERAGES

- Bone Broth
- Coconut Milk (the kind used for curries) – Full Fat, Unsweetened
- Coconut Water
- Filtered Water
- Herbal Tea
- Kombucha
- Mineral Water
- NingXia Red
- Nut Milk - Unsweetened