



maxliving®

GROCERY STORE SHOPPING GUIDE

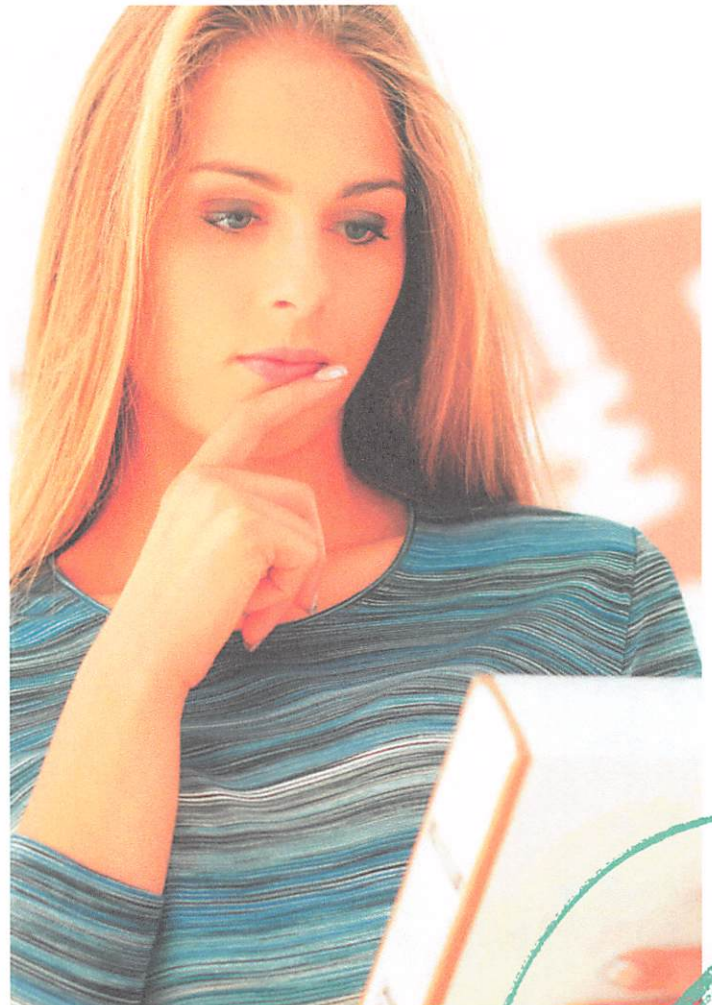


GROCERY GUIDELINES

The Standard North American Diet is broken beyond repair. Not to worry, though, because MaxLiving has spent years crafting the plans and the tools to help you escape the scary food and health trends we are facing. This detailed guide will show you how to navigate the grocery store and come out with a basket full of fresh foods that contain no hidden sugars, damaged fats or nasty toxins. Tote this with you the next time you need to fill your fridge with filling, nutritious foods. **Enjoy!**

GENERAL SHOPPING TIPS

- Stock up on basics; buy in bulk when you can.
- Schedule a specific day/time for grocery shopping every week. Emergency shopping encourages bad decisions.
- Shop around the perimeter of the store. That's where the most natural, less altered foods are.
- Buy more foods without labels (i.e. vegetables). What you see is what you get.
- Read labels. Don't just look at calories, fat percent, carbs, etc. You want to check the ingredients!
- The fewer ingredients listed, the better.
- Look for natural ingredients, not chemicals. If you can't read it, don't eat it.
- Beware of marketing! Being low in fat, low in carbs, gluten-free or sugar-free does not mean it's healthy. Being labeled "organic" does not make it healthy.
- Watch out for sugars (ending in "ose"), stimulators (MSG, hydrolyzed or autolyzed ingredients), artificial sweeteners, hydrogenated or partially hydrogenated oils.



ADDITIVES TO AVOID

- **Artificial Food Coloring** – Found in processed foods, cereals, fruit snacks, drinks, etc. May contribute to nerve damage, hyperactivity, learning disabilities and even carcinogenic effects.^{1,2}
- **Artificial Flavors** – “Catch all” phrase that does not include all ingredients.
- **Artificial Sweeteners** – Aspartame (NutraSweet, Equal), Sucralose (Splenda), Saccharin (Sweet and Low). Found frequently in drinks, puddings, yogurt, ice cream/popsicles, etc. Highly toxic and highly chlorinated. Studies show a possible connection to impaired brain development and damage, nervous system disruption, weight gain, and more.^{3,4}
- **BHA/BHT** – Found in many processed foods containing fats. Generally used to keep fats from becoming rancid. May be linked to liver damage, cancer, and more.⁵
- **Canola Oil** – Often found in processed foods, (including “health foods”). Man-made, genetically modified oil made from rapeseed oil. Processed at very high temperatures and contains trans fats. May negatively impact brain function.⁶
- **Caramel Coloring** – Commonly found in colas, meats, and sauces. Caramel coloring may be potentially carcinogenic, according to some studies.⁷
- **Corn Syrup and High-Fructose Corn Syrup** – Found frequently in drinks, condiments, tomato products, breads, cookies, crackers, syrups, etc. May be associated with blood sugar issues, heart disease, and more.⁸
- **Nitrites** – Found in many processed meats. May be linked to certain cancers, such as pancreatic cancer.⁹
- **TBHQ** – Also known as “butane”. Found in many fast foods, such as chicken nuggets.
- **Monosodium Glutamate (MSG)** – Commonly found in foods like canned soups, fast food, packaged foods, and processed meats. MSG consumption may be linked to obesity, inflammation, heart disease, and more.¹⁰
- **Fructose/Dextrose/Sucrose (Sugar)** – Can be corn based and may be linked to an increased risk of certain cancers.¹¹
- **GMO Foods** – A category of foods that have been altered through genetic engineering. Contained in many packaged foods and in the produce section.
- **Hydrogenated Vegetable Oils** – This includes soy, safflower, corn, vegetable, and canola. May be associated with an increased risk of heart disease and cancer.¹²
- **Maltodextrin** – Sugar, usually corn-based.
- **Modified Food Starch** – Found in many packaged foods. Chemically processed.
- **Propylene glycol** – Also known as “antifreeze” – Found in many foods like soft drinks, popcorn, and cake mixes. May be linked to neurological and heart issues.^{13,14}





SHOPPING LIST

This convenient shopping list gives you the absolute best choices for nutritious food. Seek out the different food types in your community, and make notes on the brand names and retailers that provide the best options.

Once you do, you will have a foolproof shopping list for whenever you need to stock up on the nutritious foods your family deserves.

PROTEIN

○ ↑	Cold Water Fish	Wild Pacific or Alaskan is best.	Salmon, Cod, Halibut, Mahi-mahi *avoid shellfish, catfish, flounder & large fish like Tuna	Natures Corner Market, Sprouts, Whole Foods, Costco Online: http://bit.ly/eatcleanprotein
○ ↑	Small Fish	Anchovies, Sardines in Olive Oil.	Sardines, Anchovies, Mackerel	Natures Corner Market, Sprouts, Whole Foods, Publix, Kroger, Costco
○ ↑	Eggs	Eggs from free-range, hormone & antibiotic-free chickens are better than eggs from caged, injected chickens fed organic foods or omega 3s.	Vital Choice Latta's Other local brands	Natures Corner Market, Sprouts, Whole Foods, Publix, Kroger, Costco
○ ↑	Raw Cheeses	Most naturally-occurring and healthiest form of cheese. (Beware of rice & soy alternatives.)	Kerrygold Really Raw Organic Valley	Natures Corner Market, Sprouts, Whole Foods, Publix, Kroger, Costco
○ ↑	Beef	100% grass- or green-fed -- you must ask! Some farms grain feed the animals "at the end," which is still not desirable. This alters their vitamin E content, and fatty acid ratios. Please note that organic does NOT mean grass-fed. Check with local farms, co-ops, and online.	US Wellness Meats (see link) White Oak Pastures (see link) Sprouts 100% Grass Fed *avoid pork	Natures Corner Market, Sprouts, Whole Foods, Costco Online: http://bit.ly/eatcleanprotein or www.whiteoakpastures.com
○ ↑	Chicken	Free-range, hormone & antibiotic-free is best. "Free from antibiotics" & "Naturally Raised" are steps in the right direction.	Bell & Evans Springer Mountain Farms US Wellness Meats (see link) White Oak Pastures (see link)	Natures Corner Market, Sprouts, Whole Foods, Costco, Publix, Kroger Online: http://bit.ly/eatcleanprotein or www.whiteoakpastures.com
○ ↑	Turkey	Free-range, hormone-free	Various - look for free range/organic	Natures Corner Market, Sprouts, Whole Foods, Costco, Publix, Kroger Online: http://bit.ly/eatcleanprotein



PROTEIN

○ ⇅	Turkey cont.	Look for natural turkey "bacon" without nitrites or sugar.	Turkey Bacon/Sausage: Wellshire Farms Applegate Farms	
○ ⇅	Egg Protein	Great for baking -- can also substitute with or for eggs or egg whites. If not available, use whey protein + 1 egg (best and most similar tasting substitute).	Whole Foods 365 Vitol	Whole Foods Vitol - order on Amazon
○ ⇅	Shelled Hemp Seeds	Incredible protein source for salads. Produces a complete meal.	Manitoba Harvest Bob's Red Mill	Natures Corner Market, Sprouts, Whole Foods, Publix, Kroger, Costco

FAT CHOICES

○ ⇅	Raw Nuts & Seeds	Look for raw, consider organic. Often available raw at bulk food stores. Store in the fridge to maintain the integrity of the fats.	Various: Raw and Sprouted are best	Natures Corner Market, Sprouts, Whole Foods, Publix, Kroger, Costco
○ ⇅	Olive Oil, Olives, Avocado Oil	Extra virgin is best. EVOO should be in a dark container to block the light.	Various: Look for cold pressed	Natures Corner Market, Sprouts, Whole Foods, Publix, Kroger, Costco
○ ⇅	Coconut Oil	Coconut oil is the ideal oil for cooking, baking, and frying, as it does not denature with high heat. Extra virgin is best, virgin or non-virgin is acceptable for greasing the pan.	Spectrum Nutiva Dr. Bronners	Natures Corner Market, Sprouts, Whole Foods, Publix, Kroger, Costco
○ ⇅	Coconut Flakes	Toasted flakes are delicious on salad or as a snack.	Lets Do Organic	Natures Corner Market, Sprouts, Whole Foods
○ ⇅	Coconut Flour	Great alternative to grain flour for baking, for thickening sauces and great in smoothies.	Bob's Red Mill Dets Do Organic	Natures Corner Market, Sprouts, Whole Foods
○ ⇅	Coconut Butter	Not for cooking, but for eating!	Artisana Nutiva	Natures Corner Market, Sprouts, Whole Foods
○ ⇅	Coconut Milk	Full-fat coconut milk is thicker than watered down versions. This becomes a personal preference.	Native Forest (canned) Look for BPA Free Cans If buying refrigerated or tetra packs- check ingredients!	Natures Corner Market, Sprouts, Whole Foods, Publix, Kroger

FAT CHOICES

○ ⚡	Flax Seeds, Flax Seed Meal	Ground flax meal is great on salads, in oatmeal, and as a healthy substitute for flour in baking.	Bob's Red Mill Spectrum Sunfood	Natures Corner Market, Sprouts, Whole Foods, Publix, Kroger
○ ⚡	Flax Seed Oil, Cod Liver Oil	Do not heat!	Use MaxLiving Optimal Omega	www.westcobbchiropractic.com/store
○ ⚡	Hemp Seed Oil	Best ratio of essential fatty acids -- mix into salad dressings, smoothies, oatmeal -- everything!	Manitoba Harvest	Natures Corner Market, Sprouts, Whole Foods, Publix, Kroger
○ ⚡	Fish Oil (Supplement)	Look for fish oil that has been formulated to eliminate any contamination. Fish oil with essential fats in the optimal ratio is ideal.	Use MaxLiving Optimal Omega	www.westcobbchiropractic.com/store
○ ⚡	Nut Butters (almond, macadamia)	Raw is best but can be difficult to find.	Once Again Maranatha Base Culture Georgia Grinders	Natures Corner Market, Sprouts, Whole Foods, Publix, Kroger
○ ⚡	Tahini	Raw is best.	Once Again Maranatha Artisana	Natures Corner Market, Sprouts, Whole Foods, Publix, Kroger
○ ⚡	Yogurt	Full-fat, plain, organic. Raw is best, if available. No sugar!	Sigg's Forager Maple Hill Stoneyfield	Natures Corner Market, Sprouts, Whole Foods, Publix, Kroger
○ ⚡	Butter	Organic (raw is best, if available).	Kerrygold Vital Farms Truly	Natures Corner Market, Sprouts, Whole Foods, Publix, Kroger
○ ⚡	Milk	Full-fat, organic is a bare minimum. (Nonhomogenized is even better ... non-pasteurized is best if available).	Organic Valley Grassmilk Maple Hill	Natures Corner Market, Sprouts, Whole Foods, Publix, Kroger For Raw Milk: Carlton Farms in Rockmart
○ ⚡	Chocolate (cacao)	Pure chocolate contains no sugar -- mix or melt down with stevia and/or cinnamon -- use in yogurt, smoothies, or with nuts/berries for a dessert or snack. Look for 100% chocolate cubes ("Baker's Chocolate") or chocolate powder.	Lily's Coco Polo	Natures Corner Market, Sprouts, Whole Foods, Publix, Kroger

HIGH FIBER CARBOHYDRATE CHOICES

○ ↕	Vegetables	Organic is best, but not essential. Veggies with the highest pesticide loads should be bought organic.	Follow the EWG Pesticide Guide. www.ewg.org/foodnews	Natures Corner Market, Sprouts, Whole Foods, Publix, Kroger
○ ↕	Greens Drinks	Great substitute for essential veggies if lacking in your diet -- and great for kids! Watch out for additives in commercial brands.	MaxLiving MaxGreens	Natures Corner Market, Sprouts, Whole Foods, Publix, Kroger

STARCHY CARBOHYDRATE CHOICES

○	Whole Grains & Whole Cereals	Must be "whole grain, sprouted, or stoneground."	Quinoa Couscous Brown Rice	Natures Corner Market, Sprouts, Whole Foods, Publix, Kroger
○	Whole Grain Breads, Bagels, English Muffins, etc.	Every grain ingredient on the label must read "whole grain, sprouted, or stone-ground." (Must freeze this type of bread.)	Ezekiel Julian's Bakery Vans	Natures Corner Market, Sprouts, Whole Foods, Publix, Kroger

CONDIMENTS, SPICES & SEASONINGS

○ ↕	Mayonnaise	Most substitutes readily available in grocery stores (including some brands of mayo substitute Vegenaïse) are made with canola oil and/or soy products. Grape seed oil and olive oil based spreads are acceptable. You can also make your own!	Primal Kitchen Tessemæ's Vegenaise	Natures Corner Market, Sprouts, Whole Foods, Publix, Kroger
○ ↕	Salad Dressing	Most store brands use rancid oils -- copy the ingredients and make your own healthy dressings with acceptable replacement ingredients! Hemp seed oil has the ideal ratio of omega 3s and 6s.	Primal Kitchen Tessemæ's Bragg's NobleMade by New Primal	Natures Corner Market, Sprouts, Whole Foods, Publix, Kroger
○ ↕	Tamari	Fermented soy product, excellent substitute for traditional soy or steak sauce.	Bragg's Liquid Aminos Coconut Aminos	Natures Corner Market, Sprouts, Whole Foods, Publix, Kroger

CONDIMENTS, SPICES & SEASONINGS

<p>○ ↕</p>	<p>Marinades</p>	<p>Bragg's Liquid Aminos (or Liquid Soy) is a healthy form of soy - and great for meat.</p>	<p>Bragg's Noble Made by New Primal Primal Kitchen</p>	<p>Natures Corner Market, Sprouts, Whole Foods, Publix, Kroger</p>
<p>○ ↕</p>	<p>Herbs & Spices</p>	<p>Herbs in bulk are most economical. Organic spices are best (not irradiated). Look for individual "blends" (Greek Seasoning, Herbs of Provence, and Salad Sprinkles). Gomasio (sesame seeds with garlic, sea salt, and/or seaweed) is also great on salads and veggies.</p>	<p>Various: For a fun field trip and exotic, affordable herbs and spices, go to Dekalb Farmers Market</p>	<p>Natures Corner Market, Sprouts, Whole Foods, Publix, Kroger</p>
<p>○ ↕</p>	<p>Salsa</p>	<p>Look for no sugar salsas, organic is best.</p>	<p>Matteo's Muir Glen</p>	<p>Natures Corner Market, Sprouts, Whole Foods, Publix, Kroger</p>
<p>○ ↕</p>	<p>Bread/ Cereal/ Crackers/ Tortillas</p>	<p>Almond flour or cassava/coconut base</p>	<p>Simple Mills Crackers Base Culture Bread Julian's Bakery Bread Siete Chips & Tortillas</p>	<p>Natures Corner Market, Sprouts, Whole Foods, Publix, Kroger Breads and tortillas are usually in the freezer</p>
<p>○ ↕</p>	<p>Salt</p>	<p>The words "sea salt" aren't enough! General sea salt may still contain 2% additives, including sugar. Check the labels! Some of the best, unrefined sea salts are Celtic sea salt and Himalayan salt. You will see flecks of color in the salt, which shows that the minerals are unprocessed and intact.</p>	<p>Real Salt Maldon Salt Himalayan Salt Celtic Sea Salt</p>	<p>Natures Corner Market, Sprouts, Whole Foods, Publix, Kroger</p>



SWEETENERS

○ ↑	Stevia /Erythritol/ Monkfruit	Look for stevia without unnatural preservatives and additives. Brands come in a variety of tastes and concentrations.	Stevita Sweet Leaf Swerve Wholesome Lakanto	Natures Corner Market, Sprouts, Whole Foods, Publix, Kroger
○ ↑	Xylitol	Some people prefer the taste of xylitol over stevia. Be sure to use a xylitol that is derived from birch, not corn, and does not contain additional cornbased additives. Use in small quantities only to avoid digestive distress. No salt added is preferred.	Sweet Natural Now	Natures Corner Market, Sprouts, Whole Foods, Publix, Kroger

BEVERAGES

○ ↑	Water	The majority of your fluid consumption should come from water!	Various	Natures Corner Market, Sprouts, Whole Foods, Publix, Kroger
○ ↑	Sports Recovery Drinks	These drinks should come from pure sources only and be used pre- and post-surge-style and endurance workouts, and with greater moderation when on the Advanced Plan. Avoid commercial sports drinks which contain processed sugar and artificial colorings.	Coconut Water MaxLiving Electrolytes	Natures Corner Market, Sprouts, Whole Foods, Publix, Kroger www.westcobbchiropra ctic.com/store

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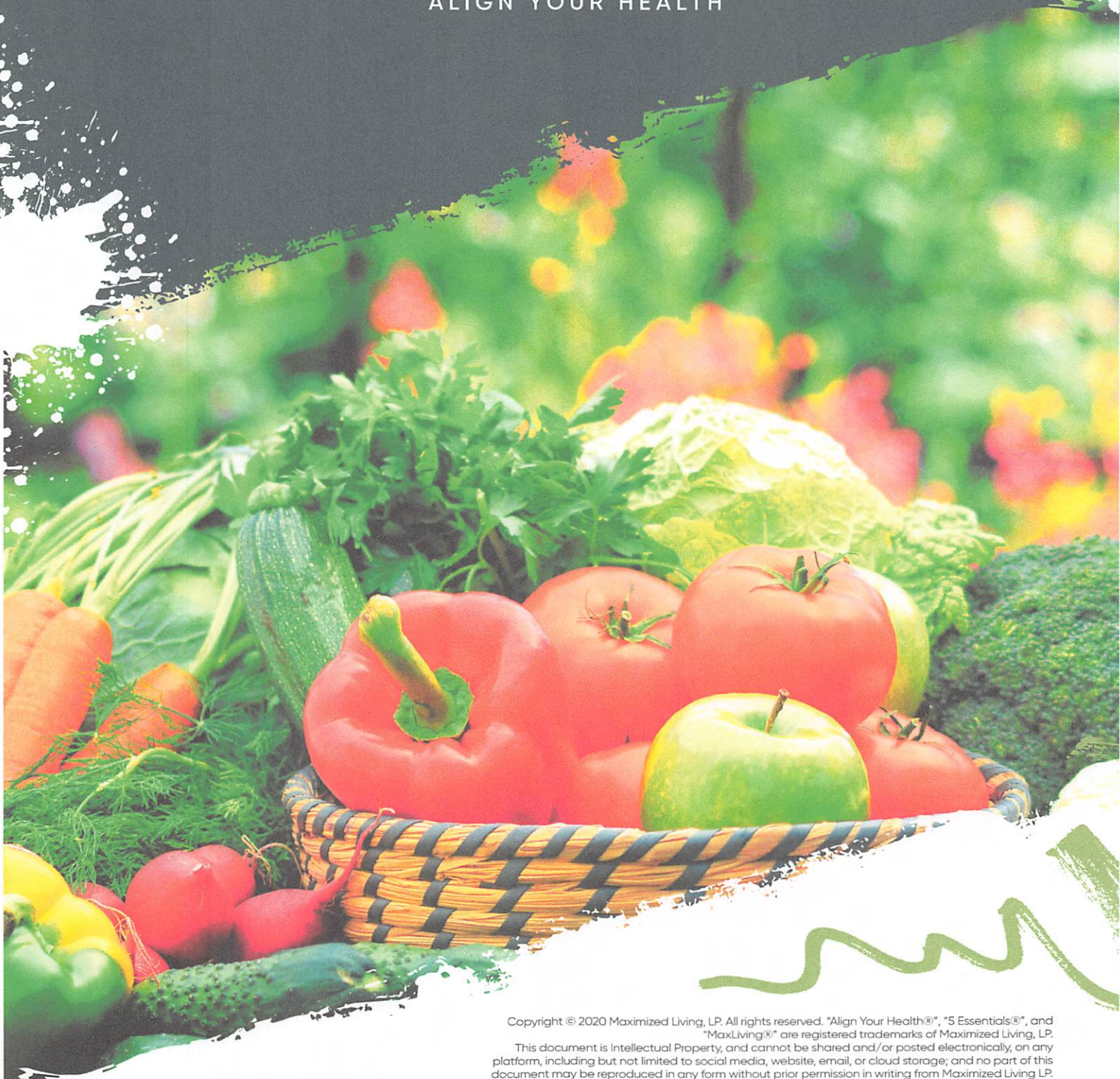
WE HOPE THIS GUIDE WILL HELP YOU IN
CHOOSING THE MOST NUTRITIOUS FOODS FOR
YOU AND YOUR FAMILY.





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ALIGN YOUR HEALTH



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