



Optimal Living
Dynamics



GROCERY SHOPPING GUIDE FOR OPTIMAL BRAIN HEALTH

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GROCERY SHOPPING GUIDE FOR OPTIMAL BRAIN HEALTH



This is my shopping guide and checklist to stocking your kitchen with the best foods for optimal brain and mental health.

Eating more of these foods, and [avoiding foods not on this list](#), will improve your brain function, support your mental health, and improve your quality of life.

From now on, you can take this list to the grocery store and know exactly what to buy. No more guessing. :-)

Live Optimally,

[Jordan Fallis](#)

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General Shopping Tips

1. One of the best tips I ever received for grocery shopping is this: shop around the perimeter of the grocery store. Healthier foods tend to be located around the perimeter, while low-quality, processed junk foods are more likely to be in the middle aisles.
2. Try to avoid grocery shopping when when you're hungry. I find that I'm more likely to buy low-quality, processed junk food when I'm hungry.
3. Usually, if a food is packaged in a box, bag, or can, it isn't good for you. This isn't always the case, but you're better off avoiding packaged foods altogether.
4. If you eat meat, it's best to eat 100% grass-fed and grass-finished beef, pastured chicken and eggs, and wild-caught fish. It's important to note that organic doesn't mean it's grass-fed. But organic meat is still better than conventional meat.
5. You should also try to eat organic fruits and vegetables, but go with conventional produce if you're trying to save money.
6. I recommend completely [avoiding dairy](#). Many people experience gut inflammation from the proteins and sugars in dairy, which can then lead to inflammation in the brain. Try removing it from your diet for 30 days and see how you feel. Some people tolerate goat dairy better than cow dairy.

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Vegetables

- Bok choy
- Brussels sprouts
- Asparagus
- Broccoli
- Cauliflower
- Celery
- Bell peppers
- Cucumber
- Kale
- Collards
- Spinach
- Cabbage
- Radish
- Beets
- Radicchio
- Zucchini
- Lettuce
- Artichokes
- Green beans
- Carrots
- Onion
- Arugula
- Mushrooms
- Okra

Oils and Fats

- Grass-fed ghee
- Avocado
- Eggs yolks
- Krill oil
- Coconut oil
- Coconut milk
- MCT oil
- Dark chocolate
- Cocoa butter
- Avocado oil
- Fish oil
- Palm oil
- Palm kernel oil
- Macadamia oil
- Extra virgin olive oil
- Almond butter
- Hazelnut butter
- Walnut butter
- Cashew butter

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Proteins

- Grass-fed beef
- Grass-fed lamb
- Pastured eggs
- Collagen
- Gelatin
- Wild-caught fish
- Haddock
- Sardines
- Wild-caught sockeye
- Wild-caught salmon
- Wild-caught trout
- Pastured-raised chicken
- Pastured-raised turkey

Nuts and Seeds

- Coconuts
- Almonds
- Cashews
- Hazelnuts
- Macadamias
- Pecans
- Chestnuts
- Walnuts
- Pumpkin seeds
- Sunflower seeds
- Poppy seeds
- Sesame seeds

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Starches

- Sweet potato
- Carrot
- Pumpkin
- Squash
- Rice
- Taro
- Cassava
- Plantain
- Banana

Fruits

- Blackberries
- Cranberries
- Lemons
- Limes
- Oranges
- Apples
- Peaches
- Raspberries
- Strawberries
- Avocados
- Coconuts
- Olives
- Pineapples
- Tangerines
- Grapefruits
- Pomegranates
- Blueberries
- Tomatoes
- Cherries
- Mango

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Baking and Cooking

- Almond Flour
- Baking Soda
- Coconut Flour
- Dark Chocolate
- Apple cider vinegar
- Ume plum vinegar
- Balsamic vinegar
- Raw honey
- Vanilla extract
- Peppermint extract
- Palm shortening (organic, non-hydrogenated)
- Shredded coconut
- Raisins
- Prunes
- Stevia
- Dried cranberries
- Bone broth
- Fish sauce
- Arrowroot powder
- Kelp noodles
- Nutmeg
- Cacao powder

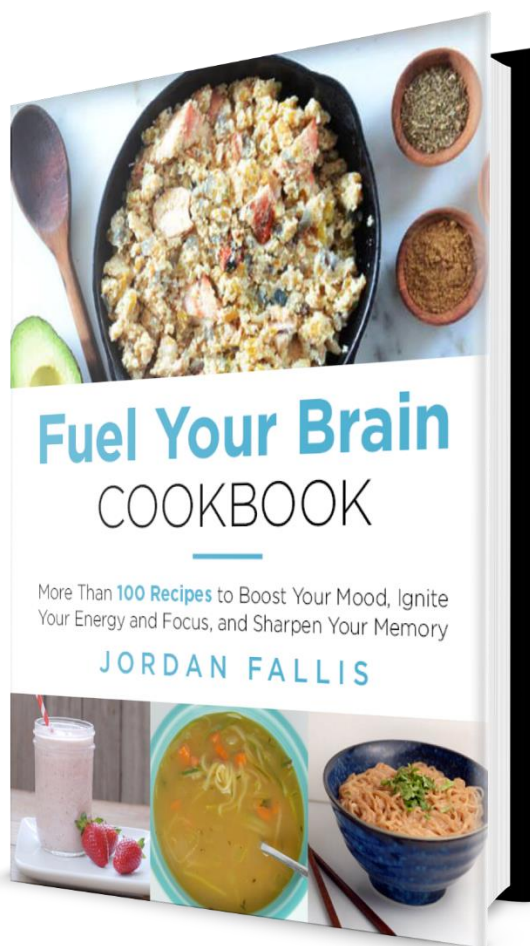
Spices and Flavours

- Sea salt
- Ginger
- Cilantro
- Parsley
- Oregano
- Turmeric
- Rosemary
- Lavender
- Thyme
- Cinnamon
- Cloves
- Pepper
- Mustard
- Paprika
- Chili powder
- Basil
- Garlic
- Cumin
- Chipotle powder
- Curry powder
- Wasabi powder
- Salsa
- Cayenne pepper
- Cardamom

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Ignite Your Energy and Focus, and Sharpen Your
Memory**



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