



GROCERY LIST

It's not just one thing, it's everything. Whatever you are looking to get out of your body, you need nutrient-rich foods to fuel that output, and if you aren't putting the right things into your body, you won't be able to perform your best. Peak performance is the result of every decision you make. From the water you drink, to the food you eat, to the exercises you perform, to the sleep you get — every choice matters. We developed the TB12 Grocery List to make it easier for you to prioritize eating nutrient-rich whole foods like organic fruits, vegetables, and lean meats to fuel your body with the proper nutrients.

FISH, MEAT, AND POULTRY



Choose meats and poultry that are organic, grass-fed, free-range, hormone-free, and antibiotic-free. Fish should be wild, hormone-free and antibiotic-free.

- CLAMS / MUSSELS / OYSTERS
- HALIBUT
- HERRING
- MACKEREL
- MAHI MAHI
- SHRIMP
- TUNA, FRESH
- WILD SALMON, FRESH
- BEEF
- BISON
- LAMB
- EGGS: ORGANIC, PASTEURED (OR FREE-RANGE)
- SKINLESS CHICKEN
- SKINLESS TURKEY
- SARDINES

AVOID

- x** COMMERCIALY RAISED BEEF AND POULTRY
- x** FARM RAISED FISH
- x** CURED MEAT AND HAM
- x** PROCESSED LUNCH MEATS
- x** PROCESSED MEAT SUCH AS BACON, SAUSAGE, PEPPERONI, HOT DOGS



VEGETABLES

Choose fresh, organic vegetables such as:

- AVOCADOS
- BEAN SPROUTS
- BRUSSELS SPROUTS
- BULBS: FENNEL, GARLIC, LEEKS, ONIONS, SHALLOTS
- CUCUMBERS
- FLOWERS: ARTICHOKE, BROCCOLI, CAULIFLOWER
- GREEN BEANS, SNOW PEAS
- LEAVES: ARUGULA, BOK CHOY, BUTTER LETTUCE, CABBAGE, CHARD, COLLARDS, ENDIVE, KALE, MUSTARD GREENS, ROMAINE, SPINACH, WATERCRESS
- FROZEN VEGGIES: SPINACH, BROCCOLI, CAULIFLOWER, BRUSSELS SPROUTS
- MUSHROOMS: PORTOBELLO, SHIITAKE, BUTTON, LION'S MANE, ENOKI
- OKRA
- PEPPERS: BELL, JALAPENOS
- ROOTS: BEETS, CARROTS, PARSNIPS, RADISHES, TURNIPS
- SQUASH: GREEN, YELLOW, SUMMER, SPAGHETTI, BUTTERNUT
- STEMS: ASPARAGUS, CELERY
- SWEET POTATOES, YAMS, YUCCA
- TARO ROOT, GINGER
- TOMATOES: ROMA, CHERRY
- ZUCCHINI





FRUIT

Choose fresh, organic fruits such as:

- APPLES
- BANANAS
- BERRIES: BLACKBERRIES, BLUEBERRIES, CRANBERRIES, RASPBERRIES, STRAWBERRIES
- CANTELOUPE
- COCONUT
- GRAPEFRUIT
- GRAPES
- HONEYDEW MELON
- JACKFRUIT
- KIWI
- LYCHEES
- LEMONS
- LIMES
- MANGO
- ORANGES
- PAPAYAS
- PASSION FRUIT
- STONE FRUIT: CHERRIES, PLUMS, APRICOT, PEACHES, NECTARINES
- PEARS
- PINEAPPLES
- PLANTAINS
- POMEGRANATE SEEDS
- DRIED FRUITS: RAISINS, APRICOTS, PRUNES, ETC.
- WATERMELON
- FROZEN FRUIT:
Some frozen fruit can work in place of fresh fruit, especially during the winter time when local produce is hard to find. We recommend frozen cherries, blueberries, and strawberries.



FRESH HERBS

- BASIL
- CHIVES
- CILANTRO
- DILL
- MARJORAM
- MINT
- OREGANO
- PAPIKA
- PARSLEY
- ROSEMARY
- SAGE
- THYME



CANNED/JARRED FOODS

- ARTICHOKE HEARTS
- BROTHS: CHICKEN, BONE, VEGETABLE
- CACAO BUTTER
- CAPERS
- COCONUT BUTTER
- NUT OR SEED BUTTER: ALMOND, CASHEW, SUNFLOWER, PUMPKIN, etc.
- ORGANIC PUMPKIN
- TOMATOES: CRUSHED, STEWED, WHOLE



NUTS AND SEEDS

- MARCONA ALMONDS
- RAW NUTS: ALMONDS, CASHEWS, MACADAMIA NUTS, PINE NUTS, WALNUTS, ETC.
- SEEDS: CHIA, FLAX, HEMP, PUMPKIN, SUNFLOWER, etc.

BREAD/WRAPS

- SPROUTED BREAD
- ORGANIC WHOLE WHEAT BREAD
- GLUTEN FREE WHOLE GRAIN BREAD
- MULTIGRAIN BROWN RICE BREAD, GLUTEN FREE
- COCONUT WRAPS





NOODLES/ GRAINS/ PACKAGED FOODS



FLOUR/ BAKING



ANTIOXIDANT- RICH FOODS

BEANS: BLACK, KIDNEY, PINTO,
WHITE, GARBANZO

LEGUME PASTA: CHICKPEA, BLACKBEAN

LENTILS

STEEL CUT OATS

QUINOA

QUINOA PASTA

SHIRATAKI NOODLES

SPLIT PEAS

ALL-PURPOSE WHOLE WHEAT FLOUR

ALMOND MEAL

BAKING SODA

BAKING POWDER

CHIA FLOUR

COCONUT FLOUR

FLAX MEAL

OAT FLOUR

RICE FLOUR

AÇAI POWDER

CACAO: POWDER AND NIBS

CAMU POWDER

FREEZE DRIED GREENS POWDER

GOJI BERRIES

GOJI POWDER

LUCUMA POWDER

MACA ROOT

MAQUI POWDER

POMEGRANATE POWDER

OILS

ALMOND OIL

COCONUT OIL

MACADAMIA NUT OIL

AVOCADO OIL

OLIVE OIL, EXTRA VIRGIN

SESAME OIL

WALNUT OIL

GRAPE SEED OIL





CONDIMENTS

- BALSAMIC VINEGAR
- GUACAMOLE
- HORSERADISH SAUCE
- HUMMUS
- MUSTARD, DIJON
- SALSA
- SRIRACHA
- TAMARI SAUCE
- GLUTEN-FREE SOY SAUCE
- SEA SALT

MILK AND CREAM

- ALMOND
- COCONUT
- RICE
- HEMP
- HAZELNUT
- ALMOND AND CASHEW CREAM
- GRASS-FED, ORGANIC DAIRY (LOCAL WHENEVER POSSIBLE)

SWEETENERS

- COCONUT SUGAR
- ORGANIC JAMS/JELLIES (NO ADDED SUGAR)
- HONEY, RAW UNFILTERED
- PURE MAPLE SYRUP

WATER AND DRINKS

- COCONUT WATER
- GREEN TEA
- ORGANIC COFFEE
- SPARKLING WATER
- HERBAL TEA



SNACKS



- VEGGIES AND HUMMUS
 - HARD-BOILED EGGS
 - FRUIT WITH NUT BUTTER
 - KALE CHIPS
 - DARK CHOCOLATE (NO ADDED SUGAR)
 - GRAINLESS GRANOLA BARS
 - GRASS-FED BEEF JERKY
 - MIXED NUTS
 - TB12 PROTEIN BARS: CHOCOLATE AND LEMON FLAVORED
 - TB12 SNACKS: SAVORY AND SWEET VARIETY PACKS
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PROTEIN

- TB12 WHEY PROTEIN ISOLATE POWDER
- TB12 PLANT-BASED PROTEIN (CHOCOLATE AND VANILLA)



SPICES



Keep these spices on hand:

- BASIL
- BLACK PEPPER
- CAYENNE PEPPER
- CHILI POWDER
- CILANTRO
- CINNAMON
- CLOVES
- CORIANDER
- CURRY
- DILL
- GARLIC
- GINGER
- MARJORAM
- MINT
- OREGANO
- NUTMEG
- PARSLEY
- ROSEMARY
- SAFFRON
- SAGE
- THYME
- VANILLA EXTRACT
- MAPLE EXTRACT
- TURMERIC



FOODS TO MINIMIZE

- ALCOHOL
- BREAKFAST CEREALS, BE AWARE OF ADDED SUGARS
- CONDIMENTS LIKE KETCHUP/BARBECUE SAUCE THAT CONTAIN SUGAR, ARTIFICIAL INGREDIENTS, OR EXCESSIVE SALT
- FOODS THAT CONTAIN GENETICALLY MODIFIED INGREDIENTS
- FOODS THAT CONTAIN HIGH-FRUCTOSE CORN SYRUP OR TRANS (HYDROGENATED) FATS
- FOODS THAT CONTAIN SUGAR, ARTIFICIAL SWEETENERS, OR SOY
- FRUIT JUICE (EVEN 100% FRESH!)
- MOST COOKING OILS (CORN, SAFFLOWER, CANOLA, SOY)
- PROCESSED FROZEN DINNERS
- SALTY PROCESSED SNACKS (CHIPS: POTATO, TORTILLA, CORN- OR ANY OTHER CHIP, PRETZELS, CRACKERS)
- SOY-BASED FOODS SUCH AS PROTEIN BARS, POWDERS, OILS, AND SNACK FOODS
- SUGARY PROCESSED SNACKS (CAKES, COOKIES, CUPCAKES, CANDY)
- SWEETENED DRINKS SUCH FRUIT PUNCH, LEMONADE, AND SODA

PRO-INFLAMMATORY FOODS (AVOID WHENEVER POSSIBLE)

- ADDED SUGAR
- REFINED STARCHES
- FRIED FOODS
- PROCESSED MEATS
- ALCOHOL