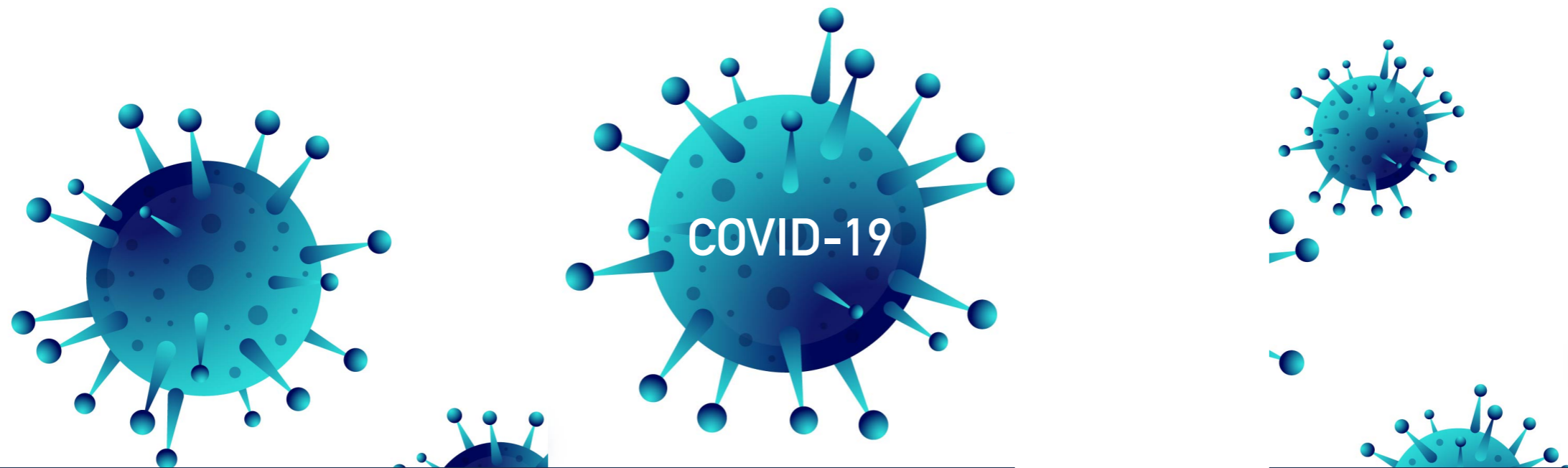
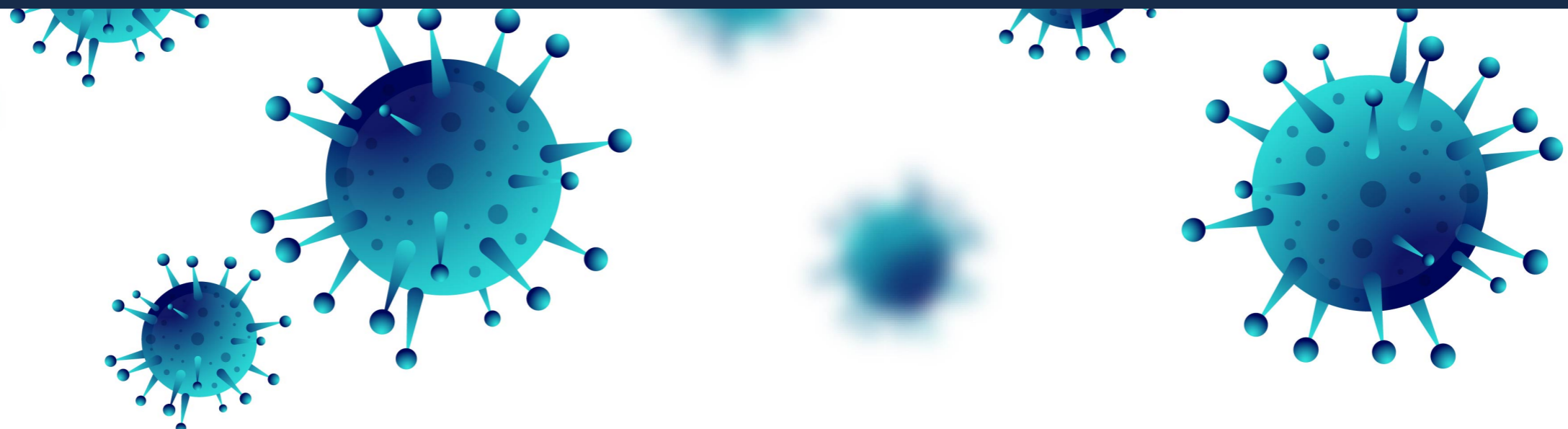


# INTEGRATIVE AND FUNCTIONAL COVID-19 NUTRITION CORE COURSE



## SECOND LINE DEFENSE: NUTRIENT DENSE SHOPPING LIST



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# NUTRIENT DENSE SHOPPING LIST

## Produce 🍏

- Apples
- Bananas
- Brussel sprouts
- Cabbage
- Carrots
- Eggplant
- Garlic
- Ginger root
- Green bell pepper
- Kale
- Kiwis
- Limes
- Lemons
- Mustard greens
- Oranges
- Parsley
- Pineapple
- Red bell pepper
- Sweet potato
- Turmeric root
- Yams
- Yellow bell pepper
- Yellow and red onion

## Frozen Foods 🥬

- Frozen berries
- Frozen bone broth (e.g. Bonafide)
- Frozen broccoli
- Frozen cauliflower
- Frozen carrots
- Frozen chickpeas
- Frozen mangos
- Frozen peas
- Frozen pineapple

## Refrigerator 🥛

- Cheese (grass fed if possible)
- Cream (grass fed if possible)
- Eggs (pasture raised)
- Ghee
- Hummus
- Kefir
- Kimchi (raw)
- Kombucha
- Milk (organic grass fed if possible)
- Natural yogurt (organic grass fed if possible)
- Sauerkraut (raw)
- Sour cream (organic if possible)

## Meat and Seafood 🍖

- Beef (grass fed if possible)
- Chicken (pasture raised if possible)
- Ground beef (grass fed if possible)
- Lamb
- Mackerel (wild caught)
- Oysters (wild caught)
- Salmon (wild caught)
- Turkey (pasture raised if possible)

## Pantry Staples 🥫

- Almond butter
- Baked beans
- Bone broth (e.g. Kettle and Fire)
- Black beans
- Black olives
- Brazil Nuts
- Capers
- Canned coconut milk
- Cashews
- Chia seeds
- Chickpeas
- Coconut aminos
- Dark chocolate
- Extra Virgin Olive Oil
- Flax seed
- Kidney beans
- Lentils
- Lentil pasta
- Marinara sauce
- Oats
- Pasta sauce
- Peanut Butter (organic, unsweetened)
- Pinto beans
- Quinoa
- Rice (e.g. Lundberg)
- Sesame seed oil
- Tahini
- Tomato sauce
- Tuna

## Condiments 🍅

- Balsamic
- Ketchup (no added sugar)

## Herbs & Spices 🌶️

- Chili Powder
- Cinnamon
- Cilantro
- Cumin
- Curry
- Ginger
- Paprika
- Sesame seeds
- Turmeric

## Beverages ☕

- Black tea
- Coffee (organic if possible)
- Green tea
- Holy basil tea
- Stinging nettle tea

## Miscellaneous

- Electrolytes
- Milk thistle tincture
- Stinging nettle

**GOAL: BUILD UP A NUTRIENT DENSE FRIDGE, FREEZER, AND PANTRY.**