

## Stock It and Toss It Guide!

If it isn't in the house you can't eat it. This means that not only do the Toss It foods have to go, but that you also have to bring in the Stock It food. Otherwise, you may find yourself starving at 11 pm and doing the dashboard dining experience after cruising through the nearest drive-thru in your jammies.

**Stock It!** -These are the health promoting foods that you are going to incorporate into your new daily diet. We've also included a Shopping List of the staples you will need to have in your pantry, freezer and refrigerator to make easy, delicious meals fast!

**Toss It!** -These are items you don't want to have easy access to. Just because they are on the Toss It list doesn't mean you can't ever have them again, but you need to treat them as little indulgences. Don't rely on willpower and never bring the enemy into the house.

Along with the items listed below you will need to lose any items containing artificial sweeteners and colorings, white flour, high fructose corn syrup and/or partially hydrogenated oils. Also be sure to lose the frozen novelties (ice cream, sorbet, Popsicles), baked goods (rolls, cookies, cakes, muffins, scones), deep fried foods (French fries, donuts, churros, chips), candy, soy based products and the high fat/high refined carb offerings at the fast food restaurants. Don't let the advertising fool you into thinking a Toss It is a health food. Removing the fat from a pastry or ice cream doesn't make it healthy. Switching from sugar to artificial sweeteners doesn't turn the enemy into your friend. Don't be sucked in by creative advertising, read the labels and read through the hype.

### Stock It!

Fresh fruit especially berries!  
Non-starchy vegetables  
Cold water wild fish  
Seafood  
Eggs  
Goat's and feta cheese  
Greek style yogurt  
Sparkling mineral water  
Xylitol  
Green tea  
Chicken and turkey breast  
Flank steak, lean tenderloin  
Raw nuts and seeds  
Whole wheat/whole grain tortillas  
4% lean ground beef or turkey  
Rice cakes and multi grain cakes  
(unflavored varieties)  
Legumes  
Brown rice  
Whole grain breads  
Olive oil  
Olive oil vinaigrettes  
  
Light coconut milk

### Toss It!

Juice  
Potatoes  
Battered fish sticks  
Deep fried shrimp  
Egg beaters  
Processed cheese  
Flavored yogurts  
Sodas-regular OR diet  
Splenda or Nutrasweet  
Flavored coffees  
Chicken thighs  
Rib eye steak  
Trail mix  
White flour tortillas  
0% fat ground beef  
Chips and crackers  
  
Baked beans  
White rice  
White bread  
Vegetable oils  
Ranch, blue cheese, French  
dressings  
Milk, soy milk, non-dairy  
creamers

Before you dig in, remember that even with the healthiest of foods you must not let yourself overeat. Too much food = too many calories. I can promise you that those extra calories are going somewhere you don't want them to go. Excess food leads to excess fat getting stored around your waist, hips and thighs. Our goal is to spend that fat you are already wearing, not save more, so don't fall into the trap of overeating on "health" food because eating too much healthy food is unhealthy!

## Stock It! THE LIST

The first rule of safe grocery shopping, make a list! The second rule is to take it with you! Never leave home without it and don't deviate from THE LIST.

Keep a variety of colorful vegetables and fruits on hand at all times. Make it your mission to try a new veggie each week!

### Produce

Most supermarkets now have an expanded organic section with a variety of fresh vegetables, fruits; look for what is available that is local, organic and seasonal. Below are some of the things that you will want to keep on hand at all times:

- Apples
- Celery
- Peppers-red, yellow and green
- Cucumbers
- Peeled baby carrots
- Avocados
- Tomatoes
- Salad mixes-romaine, spinach, mixed baby greens
- Onions-red and white/yellow
- Mushrooms

### Frozen Vegetables

When produce isn't in season, frozen is a great second choice. In addition to those items, here are some things that are good staples to have on hand:

- Wild mushrooms
- Mixed plain vegetables
- Stir-fry mix
- Oriental veggie mix
- Tri-colored pepper strips
- Chopped spinach

### Frozen Whole Fruits - (no sugar added)

These are great for smoothies and my Mock Pie recipe!

- Blueberries
- Raspberries
- Blackberries
- Strawberries
- Cherries

### Fish

Be sure to keep some in your freezer and pantry for easy meals!\* See mercury content in fish list at end of The List!

- Fresh or frozen shrimp
- Fresh frozen scallops
- Fresh or frozen non farm-raised fish
- Asceptic packed or canned Alaskan wild salmon
- Asceptic packed or canned chunk light tuna, packed in water
- Canned sardines in olive oil
- Canned lump crab meat

### Poultry

Look for antibiotic free and no added hormones. Buy on special and freeze.

- Fresh or frozen, skinless, boneless chicken breast
- Fresh or frozen turkey breast
- Fresh or frozen ground turkey or chicken breast (you may need to ask the butcher to grind this for you)
- Fresh chicken or turkey sausage (nitrate free)

**Meats**

Look for grass fed beef raised without antibiotics or added hormones:

- Nitrate free, uncured center cut bacon
- 4% lean ground beef
- Lamb- chops, rack, roast, leg
- Pork- roasts and chops
- Lean cuts of beef- filets, New York, flank

**Refrigerated Fresh Foods**

- Hummus dips
- Fresh made salsa
- Fresh pesto
- Fresh guacamole

**Dairy**

- Omega-3 eggs, organic, free-range
- Greek plain yogurt
- Feta cheese
- Goat cheese
- Cottage cheese
- Organic butter
- Ricotta cheese
- Mozzarella cheese
- Fresh grated Parmesan cheese

**Tomato Products**

- Tomato sauce
- Tomato paste
- Diced tomatoes
- Pureed, crushed or whole canned
- Marinara (no sugar added)
- Sun-dried tomatoes in olive oil

**Beans - canned or dried**

- Kidney beans
- Fat-free style refried beans
- Garbanzo beans (chick-peas)
- Black beans
- Pinto beans
- White beans
- Lentils

**Raw Nuts & Seeds**

- Walnuts
- Almonds
- Pecans
- Flax seeds
- Cashews
- Sunflower seeds
- Pine nuts
- Pumpkin seeds
- Sesame Seeds, regular and black

**Nut Butters**

Organic with no sugar or hydrogenated oils.

- Almond butter
- Peanut butter
- Sesame butter (tahini)
- Cashew butter
- Macadamia nut butter

## **Whole Grains**

Look for breads and crackers without partially hydrogenated oils, unbleached wheat flour or white flour, high fructose corn syrup or sugar and with 3 grams of fiber or more (and 5 is even better!)

## **Crackers**

- Ak-Mak®
- Wasa®
- Whole grain crackers
- Rice cakes (plain)

## **Whole Wheat/Whole Grain Tortillas and Wraps**

Some contain soy, use sparingly or not at all if you have thyroid issues.

- Ezekiel® Tortillas
- La Tortilla Factory Tortillas
- Corn tortillas

## **Cereals**

Look for cereals without partially hydrogenated oils and high fructose corn syrup and that are low in sugar and with 5 grams or more of fiber. Some contain soy, use these sparingly or not at all if you have thyroid issues.

- Multi-grain cereal
- Kashi® Go Lean
- Uncle Sam Cereal®
- Hodgsonmill® Oat Bran
- Miller's Bran® Unprocessed Wheat Bran
- Wheatena® Toasted Wheat Cereal
- Irish steel cut oats
- Puffed Kashi, Seven Whole Grains and Sesame
- Woodstock Farms Organic Flaxseed

## **Rice & Grains**

- Brown rice
- Wild rice
- Quinoa
- Couscous

## **Pasta**

- Whole wheat/whole grain
- Rice noodles (gluten free)

## **Organic Stock/Broth**

- Beef, chicken & vegetable

## **Jarred Vegetables**

- Artichoke hearts
- Chipotle, jalapeno, and ancho chili peppers
- Roasted red peppers in the jar
- Water chestnuts
- Hearts of palm
- Tapenade

## **Oil**

- Cold pressed extra virgin olive oil
- Sesame oil
- Flaxseed oil
- Coconut oil
- Whipped butter

## **Vinegar**

- Balsamic
- Rice wine
- Red wine
- Champagne vinegar

## **Extracts**

Choose products with no added sugar

- Pure vanilla
- Almond
- Lemon

## **Condiments**

- Capers
- Olives-sliced and pitted
- Salsa, pico de gallo
- Grain-style mustard
- Dijon Mustard
- Organic real mayonnaise
- Low Sodium Soy Sauce
- Garlic (whole or chopped)
- Pesto sauce
- Pickles
- Coconut milk (light-no added sugar)
- Dried cranberries, cherries, raisins, assorted berries (No sugar added)\*
- Freeze dried berries, fruits
- Shredded Coconut-no added sugar

\* you can use these in limited amounts

## **Spices & Herbs**

Choose non-irradiated, all natural, always go with fresh whenever possible.

Below are the ones you will use most often

- Oregano
- Basil - dried & fresh
- Thyme
- Rosemary
- Ginger
- Turmeric
- Saffron
- Curry
- Cracked black pepper
- Cinnamon
- Nutmeg
- Cayenne
- Cumin
- Chili flakes & powder
- Dry mustard
- Sea salt
- Italian Blend
- Mexican Blend

\*Look for wild fish and choose from the first category of 'Least Mercury' most often.

**LEAST MERCURY**

Anchovies, Sardines  
Butterfish  
Catfish  
Clams, Oysters  
Crab, Shrimp, Scallops  
Flounder  
Herring  
Mackerel (N. Atlantic, Chub)  
Salmon, Wild (Canned, Fresh)  
Sole  
Squid  
Tilapia  
Trout  
Whitefish

**MODERATE MERCURY**

Eat six servings or less per month.  
Bass (Striped, Black)  
Cod (Alaskan)  
Halibut (Atlantic, Pacific)  
Lobster  
Mahi Mahi  
Monkfish  
Snapper  
Tuna (Canned chunk light)

**HIGH MERCURY**

Eat three servings or less per month.  
Grouper  
Mackerel (Spanish, Gulf)  
Sea Bass (Chilean)  
Tuna (Canned Albacore)  
Tuna (Yellowfin)

**HIGHEST MERCURY**

**DO NOT EAT**

Mackerel (King)  
Marlin  
Orange Roughy  
Shark  
Swordfish  
Tuna (Big Eye, Ahi)

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