



# MAXIMIZED LIVING SHOPPING LIST

	Food Type	Notes	Local Brand Name	Local Retailer/Source
<b>PROTEIN CHOICES</b>				
 	Cold-water fish	Wild Pacific or Alaskan is best.		
 	Small Fish	Anchovies, Sardines in Olive Oil		
 	Eggs	Eggs from free-range, hormone & antibiotic-free chickens are better than eggs from caged, injected chickens fed organic foods or omega-3's		
  	Raw Cheeses	Most naturally-occurring and healthiest form of cheese. (Beware of Rice & Soy alternatives.)	Really Raw Cheese (Cheddar, Cheddar Blue, Havarti) <a href="http://www.alwc.mybeyondorganic.com">www.alwc.mybeyondorganic.c</a>	Beyond Organic
 	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	Green Fed Ground Beef from <a href="http://www.alwc.mybeyondorganic.com">www.alwc.mybeyondorganic.c</a> om	Beyond Organic
 	Chicken	Free-range, hormone & antibiotic-free is best. "Free from antibiotics" & "Naturally Raised" are steps in the right direction.		
 	Turkey	Free-range, hormone & antibiotic-free is best. Look for natural turkey "bacon" without nitrites or sugar.		
  	Whey Protein	Whey from raw milk, from a grass fed cow is best utilized and least harmful. (Most commercial brands are heated at high temperatures and may contain excitotoxins &/or artificial sweeteners).	Perfect Protein (vanilla, chocolate)	Maximized Living or Dr Accurso <a href="http://www.accursochiro.com/store">www.accursochiro.com/store</a>

	Food Type	Notes	Local Brand Name	Local Retailer/Source
  	Protein Supplement / Complete Meal Replacement	Avoid commercial soy and whey products -- Acceptable plant-based products should either be fermented soy, sprouted rice, or hemp-seed based.		
 	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)		
  	Shelled Hemp Seeds	Incredible protein source for salads and/or mixed produce a complete meal. 4 Tablespoons = 22 grams of protein		
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		
  	Olive Oil, Olives, Grape Seed Oil	Extra Virgin is best. EVOO should be in a dark container to block the light.		
  	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.		
 	Coconut Flakes	Toasted flakes are delicious on salad, or as a snack.		
 	Coconut Flour	Great alternative to grain flour for baking, for thickening sauces and, great in		
  	Coconut Butter	Not for cooking, but for eating!		
  	Coconut Milk	Full fat coconut milk is thicker than watered down versions. This becomes a personal preference.		
  	Flax Seeds, Flax Seed Meal	Ground flax meal is great on salads, in oatmeal, and as a healthy substitute for flour		
  	Flax Seed Oil, Cod Liver Oil	Do not heat!		
  	Hemp Seed Oil	Best ratio of essential fatty acids -- mix into salad dressings, smoothies, oatmeal -- everything!		

	Food Type	Notes	Local Brand Name	Local Retailer/Source
  	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.	Perfect Ratio Omega	Maximized Living/ Dr Accurso or <a href="http://www.accursochiro.com/store">www.accursochiro.com/store</a>
  	Nut Butters (almond, macadamia)	Raw is best but can be difficult to find.		
  	Tahini	Raw is best		
 	Yogurt	Full fat, plain, organic. Raw is best, if available. No sugar!		
 	Butter	Organic (raw is best, if available)		
 	Milk	Full fat, organic is a bare minimum. (Non-homogenized is even better ... non-pasteurized is best if available)		
  	Amasai	Cultured dairy product from A1 beta-casein-free cows, offering superior probiotics. Honey and Berry flavors - core plan only.	Amasai <a href="http://www.alwc.mybeyondorganic.com">www.alwc.mybeyondorganic.com</a>	Beyond Organic
  	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 desert or snack. Look for 100% Chocolate cubes ("Baker's Chocolate")		
<b>HIGH FIBER CARBOHYDRATE CHOICES</b>				
  	Vegetables	Organic is best, but not essential. Veggies with the highest pesticide loads should be bought organic.		
  	Greens Drinks	Great substitute for essential veggies if lacking in your diet -- and great for kids! Watch out for additives in commercial	New Greens Organic	Dr Accurso
<b>STARCHY CARBOHYDRATE CHOICES</b>				
  	Starchy Vegetables	Organic is best, but not essential		
  	Beans	Dried, in bulk or in bags (organic is best but not essential).		
  	Canned Beans	No salt added is preferred.		
  	Refried Beans	Flavored brands also available, using healthy spices		

	Food Type	Notes	Local Brand Name	Local Retailer/Source
	Whole Grains & Whole Cereals	Must be "whole grain, sprouted, or stone-ground."		
	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.)		
<b>CONDIMENTS, SPICES, AND SEASONINGS</b>				
  	Mayonnaise	Most substitutes readily available in grocery stores (including some brands of mayo substitute Veganaise) are made with canola oil and/or soy products. Grapeseed oil and olive oil based spreads are acceptable. You can also make your own!		
  	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 3's and 6's.		
 	Tamari	Fermented soy product, excellent substitute for traditional soy or steak sauce.		
 	Marinades	Bragg's Liquid Amino's or Liquid Soy is a healthy form of soy - and great for meat.		
  	Herbs & Spices	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) - great on salads and veggies.		
  	Salsa	Look for no sugar salsa's, organic is best.		
  	Tapenade	Also very easy to make at home		
  	Salt	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 in tact.		
<b>SWEETENERS</b>				

	Food Type	Notes	Local Brand Name	Local Retailer/Source
 	Stevia	Look for stevia without unnatural preservatives and additives. Brands come in a variety of tastes and concentrations.		
 	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 corn-based additives. Use in small quantities only to avoid digestive		
<b>BEVERAGES</b>				
  	Water	The majority of your fluid consumption should come from water! Check out <i>Maximized Living Nutrition Plans</i> for various solutions for getting pure water into your home and body.	Reign (Spring water, Awaken, Veggie, Fruit) - probiotic water	Beyond Organic
  	Sports Recovery Drinks	These drinks should come from pure sources only and be used pre- and post- intensive and endurance workouts, and with greater moderation when on the Advanced Plan. Avoid commercial sports drinks which contain processed sugar and artificial colorings.	SueroViv Citrus, Berry, Ginger Coconut Water Max Recovery (drink mix)	Beyond Organic  Maximized Living / DrAccurso or <a href="http://www.accursochiro.com/store">www.accursochiro.com/store</a>

For Questions, please contact: Dr. Joe Accurso  
 Abundant Life Wellness Center  
 9040 SW 152 St Miami, FL 33157  
 305-238-2310  
[www.DrAccurso.com](http://www.DrAccurso.com)









|