



# THE TOLERANT TUMMY

## Gut Friendly Grocery List

### Produce

- \_\_bananas ↑ «
- \_\_apples ↑
- \_\_pears ↑
- \_\_leafy greens ↑
- \_\_broccoli ↑
- \_\_sweet potatoes ↑
- \_\_onions «
- \_\_garlic «
- \_\_tomatoes
- \_\_cucumber
- \_\_avocado
- \_\_baby carrots ↑

### Refrigerator

- \_\_milk • / milk substitute
- \_\_eggs
- \_\_Greek yogurt × • / yogurt substitute ×
- \_\_organic chicken breasts, thighs, and tenders
- \_\_organic grass-fed ground beef
- \_\_hummus

### Freezer

- \_\_frozen berries ↑
- \_\_frozen veggies ↑
- \_\_frozen riced cauliflower
- \_\_cashew/coconutmilk ice cream

### Pantry

- \_\_organic oats « ↑
- \_\_whole wheat bread « ↑ g / GF bread
- \_\_powdered peanut butter
- \_\_brown rice ↑
- \_\_quinoa ↑
- \_\_lentils ↑
- \_\_canned tomatoes
- \_\_canned beans ↑
- \_\_ground flaxseed ↑
- \_\_chia seeds ↑
- \_\_protein powder: coconut, rice, hemp, pea
- \_\_nuts and seeds (pumpkin, walnuts)
- \_\_nut butters: almond, sunflower, peanut
- \_\_unsweetened shredded coconut
- \_\_oils: coconut, avocado, olive
- \_\_unsweetened applesauce
- \_\_salsa
- \_\_85% dark chocolate

### Healthy Gut Key

- « good source of prebiotics
- × good source of probiotics
- ↑ high in fiber
- contains dairy
- g contains gluten