



Stocking Your  
Radical Metabolism  
*Kitchen*

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# Stocking Your Radical Metabolism *Kitchen*

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# Greetings everyone!

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If you are reading this, I know you're ready to get the ball rolling! *Radical Metabolism* is just around the bend, but you don't have to wait to get started. Preparation is key.

You know the old adage: failing to plan is planning to fail. Together, we're going to plan. We will begin transforming your unhealthy, body-toxic kitchen into a brand new *Radical Metabolism* kitchen.

First, go through and purge the toxic foods....well, calling them "foods" is actually a stretch. You know what I mean—those boxes and bags of processed food, commercial grain products, breakfast cereal, sugary beverages, oxidized vegetable oils, and "secret snacking loves" that don't love you back but actually sabotage your weight loss efforts and ruin your health. Start reading ingredient lists. If it reminds you of your high school chemistry lab, toss it out—we're starting over!

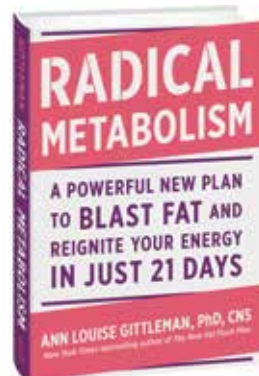
Now it's time to do a little hunting and gathering. Years of taste-testing have brought many products to my kitchen. Some have been winners and others, well, not so much. How many times have you ordered a product that looked great online, only to order it and discover it was awful? Well, no more!

I have evaluated a wide variety of products for taste, quality, and nutritional value, and now I am going to share some of my favorites with you! This is not a comprehensive list, but it will get you well on your way to a slimmer, healthier, happier you. This shopping guide has some of my favorite go-to brands along with links to where you can find them. Many products will be available at your local nutrition store, but others are specialty items that must be ordered online—and well worth the effort. We are fortunate today that these wonderful products are just a click away.

This is your opportunity to branch out—and give your taste buds a chance to explore! I would love to hear your product reports, so please share them on my [Facebook page](#).

In love and good health,

*-Ann Louise*



## BITTERS TO OPTIMIZE DIGESTION AND HEAL YOUR GUT

The most important component of a healthy diet is fresh produce, preferably from local growers who employ organic, ecofriendly, sustainable practices. I encourage you to get in the habit of shopping at your local organic groceries, food co-ops and farmer's markets. Make a connection. Get to know who is growing your food.

A wide variety of fresh produce is key to good health, but you will really give your health a boost if you emphasize bitter foods! The bitters are all-but-forgotten, but *Radical Metabolism* will be bringing them back in a big way. In stocking your kitchen, keep this one rule in mind: **regardless of where you store it, bitter is better.**

The thing to remember about bitters is that, alone, some of their flavors might not be so appealing, but in the right combinations they are absolutely divine! And guess what? You're in luck, because many of the bonus recipes in "25 Recipes for a Radical Metabolism" incorporate bitters in wonderful new ways to give you a fabulous jumpstart!

All of the following foods are considered bitters. I'm willing to bet that some of your favorites are on the list!

Artichoke	Collards	Mustard Greens
Arugula	Coriander	Nettles
Asparagus	Cucumber	Orange Peel
Basil	Daikon Radish	Parsley
Beet Greens	Dandelion Greens	Radicchio
Bitter Orange	Dill	Radish
Broccoli	Endive	Red Leaf Lettuce
Brussels Sprouts	Fennel	Romaine Lettuce
Cabbage	Frisee	Saffron
Cacao	Garlic	Sesame
Cardamom	Ginger	Spinach
Cauliflower	Grapefruit	Swiss Chard
Chamomile	Horseradish	Thyme
Chicory Root	Jicama	Turmeric
Cilantro	Kale	Turnip
Cinnamon	Milk Thistle	Vinegar
Coffee	Mint	Watercress

## THE RADICAL CUPBOARD

Bile Builder

<https://unikeyhealth.com/products/bile-builder>

CLA

<https://unikeyhealth.com/products/cla-1000>

Weight Loss Formula

<https://unikeyhealth.com/products/weight-loss-formula>

Flora Key

<https://unikeyhealth.com/products/flora-key>

Daily Greens Formula

<https://unikeyhealth.com/products/daily-greens-formula>

## THE RADICAL PANTRY

Lowest mercury canned tuna

<https://safecatch.com> or local nutrition stores

Low mercury, ecofriendly salmon

[www.vitalchoice.com](http://www.vitalchoice.com)

Hemp tofu

<https://www.hudsonriverfoods.com>

Kettle & Fire organic bone broths

<https://www.kettleandfire.com>

Siberian Pine Nut Oil

[www.siberiantigernaturals.com](http://www.siberiantigernaturals.com)

Nutiva Organic Hemp Oil

Local nutrition stores

La Tourangelle Roasted Walnut Oil

Local nutrition stores

Ellyndale Foods Extra Virgin Macadamia Nut Oil

Local nutrition stores

Organic Gemini Tigernut Oil

<https://organicgemini.com> or local nutrition stores

Olivado Extra Virgin Avocado Oil

<https://www.olivado.com>

Panaseeda Five Seed Blend Oil

<https://www.activationproducts.com/product/panaseeda-five-seed-blend/>

Thrive Algae Oil (plant-based omega-3, high smoke point at 485 degrees)

<http://www.thrivealgae.com>

Living Tree Community Foods Boreal Dulse Flake Energizing Mix

<https://www.livingtreecommunityfoods.com/product/boreal-dulse-flake-energizing-mix/>

Tropical Traditions Coconut Oil

<https://healthytraditions.com/tropicaltraditions>

Native Forest Organic Classic Coconut Milk—Unsweetened

*Local nutrition stores*

Suncoast Gold Macadamia Milk—Unsweetened

<https://www.suncoastgoldmac.com>

Nutiva Coconut Manna

*Local nutrition stores*

Jem Organic Sprouted Raw Nut Butters

<https://www.jemorganics.com>

Nate's Raw Harvest Sprouted Nut Butters

<https://natesrawharvest.com>

Dastony Nut and Seed Butters (Best tahini ever!)

<http://dastony.com>

Organic Living Superfoods - Life's Nuts

<http://organiclivingsuperfoods.com>

Organic Gemini (Tiger Nuts, Horchata)

<https://organicgemini.com>

Go Raw Sprouted Seeds

<https://www.goraw.com>

Siete Tortillas

<https://sietefoods.com> and *local nutrition stores*

Raw Wraps (Kale, Spinach)

[www.rawwraps.org](http://www.rawwraps.org)

Jilz Gluten Free Crackers

<https://jilzglutenfree.com>

Simple Mills Sprouted Seed Crackers

*Local nutrition stores*

Doctor in the Kitchen Flackers  
[www.drinthekitchen.com](http://www.drinthekitchen.com)

Paleo Wraps from Julian Bakery  
<https://julianbakery.com>

Red Boat Fish Sauce  
<http://redboatfishsauce.com>

Eden Foods Ume Plum Vinegar  
*Local nutrition stores*

Lily's Chocolates  
<http://lilyssweets.com> and local nutrition stores

Dagoba Chocolates (Unsweetened Chocolate for Baking)  
<http://www.dagobachocolate.com>

Just Like Sugar  
<http://www.justlikesugar.com> or local nutrition stores

Pure Yacon Syrup Gold  
<http://goldsourcelabs.com/pure-yacon-syrup/> or [www.amazon.com](http://www.amazon.com)

Ojio Organic Yacon Syrup  
*Available on [Amazon](http://www.amazon.com)*

"Pure Monk" Chinese Monk Fruit (luo han guo)  
<https://julianbakery.com/product/pure-monk-monk-fruit/> or on [Amazon](http://www.amazon.com)

Selina Naturally Celtic Sea Salt Products  
<https://www.selinanaturally.com>

Health Gems Ancient Five Scalar Salt  
<http://healthgems.com>

Traditional Medicinals Roasted Dandelion Root Tea  
*Local nutrition stores and many grocery stores*

Organic Oolong Tea  
[www.arborteas.com/organic-oolong-tea](http://www.arborteas.com/organic-oolong-tea)

Purity Coffee  
<https://puritycoffee.com>

Olympia Coffee  
<https://www.olympiacoffee.com>

Batdorf & Bronson Coffee Roasters  
<https://www.batdorfcoffee.com>

Urban Moonshine Digestive Bitters  
[www.urbanmoonshine.com](http://www.urbanmoonshine.com) or local nutrition stores

## THE RADICAL FRIDGE & FREEZER

Grass-fed meat and poultry  
[www.butcherbox.com](http://www.butcherbox.com) and <http://grasslandbeef.com>

Garret Valley Sugar Free Turkey Bacon  
[www.garrettvalley.com](http://www.garrettvalley.com)

Low mercury frozen salmon and other fish and seafood  
[www.vitalchoice.com](http://www.vitalchoice.com)

Hilary's Root Veggie Burgers  
<https://www.hilaryseatwell.com/products/root-veggie-burger>

Nancy's cultured dairy (yogurt, sour cream, cottage cheese, cream cheese, kefir)  
*Local nutrition stores and many grocery stores*

Follow Your Heart vegan cheeses (non-GMO, coconut oil based)  
<https://followyourheart.com/vegan-cheese/>

Forager Unsweetened Cashewgurt  
<https://foragerproject.com/products/cashewgurt/>

Bubbies (sauerkraut, dill pickles, and prepared horseradish)  
*Local nutrition stores and many grocery stores*

## Notes

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