

**Maximized Living Nutrition Plan - Local Resources - London, ON - Updated Sept. 2008**

<b>Food Type</b>	<b>Notes</b>	<b>Local Brand Name</b>	<b>Local Retailer/Source</b>
<i>Note from Dr. Hardick -- This is a personal shopping list only, not an endorsement of any particular brand or retailer!</i>			
<i>This list runs in sync with the Maximized Living "Customized Nutrition Resource Guide" available in our office.</i>			
<b>Protein Choices</b>			
Cold water fish	Mahi-Mahi, Salmon, Sardines ... Pacific or Alaskan is best	PC Blue Menu wild Mahi-Mahi and Sockeye Salmon (frozen), or Wild caught (on ice)	Loblaws/Superstore
		Hallelujah (frozen)	Health Food Store
Eggs	Eggs from free-range, hormone & antibiotic-free chickens are better than eggs from caged, injected chickens fed organic foods or omega-3's		Local farms, Health Food Store or Grocery Store
Raw Cheeses	More of a "God Food" than Rice & Soy Cheese!	L'Ancêtre	Health Food Store (pre-grated at Lyn-Dys)
Beef	100% Grass fed -- must ask! Some farms grain feed the animals "at the end" (still not desirable).		Angela Wisnoski, other local farms (must ask!), Health Food Store. Never found in commercial grocery stores.
Chicken	Free-range, hormone & antibiotic-free is best.	"Free from antibiotics" & "Naturally Raised" are steps in the right direction.	Loblaws/Superstore or A&P
		Organic, free range	Health Food Store
Turkey	Free-range, hormone & antibiotic-free is best.	Wheatland Organic (breasts, burgers -- our favourite)	Health Food Store

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Whey Protein	Whey from raw mik, from a grass fed cow is best utilized and least harmful. (Commercial brands are heated at high temperatures and may contain excitotoxins &/or artificial sweeteners).	Designs for Health "Whey Cool" (protein only) or "PaleoMeal" (Whey Cool with added nutrients -- and available in more flavours)	Hardick Chiropractic Centre
Protein supplement / complete meal replacement	Avoid soy products and commercial whey products -- Vega is 100% plant-based.	Vega (Chocolate, Vanilla Chai, Berry, and Natural flavours)	Hardick Chiropractic Centre
Egg Protein	Great for baking -- can also substitute with or for eggs or egg whites	Not available in Canada	We instead use Vanilla Paleomeal + 1 egg (best and most similar tasting substitute)
		Vitol Egg Protein (U.S. only)	Whole Foods
<b>Fat Choices</b>			
Raw nuts & seeds	Look for raw, consider organic.	Raw almonds, brazil nuts, walnuts, cashews, pine nuts, hemp seeds, pecans, filberts, sunflower, sesame seeds	Bulk Barn (best variety & most economical, particularly for raw & unsalted nuts) or Loblaws/Superstore
		Organic raw nuts in bulk	Lyn-Dys
		Organic raw pumpkin seeds, sesame seeds	Quarter Master
Olive Oil, Olives, Grape Seed Oil	Extra Virgin is best		Grocery / Health Food Store

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Coconut Oil	Extra Virgin is best, virgin or non-virgin is acceptable for cooking.	Heartland Gold, Omega Nutrition	Health Food Store or Loblaws/Superstore Natural Value department
Coconut Flakes	Toasted flakes are delicious on salad, or as a snack.	Mountain Path	Lyn-Dys
Coconut Flour	Great alternative to grain flour for baking, also great in smoothies.		Bulk Barn (organic!), Health Food Store
Coconut Butter	Not for cooking, but for eating!	Artisana	Lyn-Dys
Coconut Milk	Full fat	Organic: Thai Kitchen, Native Forest	Health Food Store
		Rooster Brand	Loblaws/Superstore
Flax Seeds, Flax Seed Meal	Ground flax meal is great on salads, in oatmeal ... everything!	Bob's Red Mill	Loblaws/Superstore Natural Value department
		Several other brands	Health Food Store
Flax Seed Oil, Cod Liver Oil	Do not heat!		Health Food Store or Loblaws/Superstore Natural Value department
Hemp Seed Oil	Best ratio of essential fatty acids -- mix into salad dressings, smoothies, oatmeal -- everything!	Manitoba Harvest	Health Food Store or Loblaws/Superstore Natural Value department
Almond Butter	Raw is best	Maranatha (personal favourite)	Quarter Master
		Organic	Lyn-Dys
Tahini	Raw is best	Artisana	Lyn-Dys
Grape Seed Oil Vegenaïse	Do not get the regular vegenaïse (canola oil product) which is commonly found in commercial stores.		Health Food Store

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Yogurt	Full fat, plain, organic. Raw is best, if available.	Organic Meadows	Loblaws/Superstore
		Goat's Milk Yogurt, other varieties	Health Food Store
Butter	Organic (raw is best, if available)	Organic Meadows	Loblaws/Superstore
Milk	Full fat, organic is a bare minimum. (Non-homogenized is even better ... non-pasteurized is best if available)	Organic Meadows (full fat organic)	Loblaws/Superstore
		Full fat, organic, non-homogenized	Health Food Store
Chocolate (cacao)	Pure chocolate contains no sugar -- mix or melt down with stevia and/or cinnamon/vanilla instead -- use in yogurt, smoothies, or with nuts/berries for a desert or snack.	100% Chocolate cubes ("Baker's Chocolate")	Bulk Barn
		Cacao Camino (organic powder)	Health Food Store or Loblaws/Superstore Natural Value department
<b>High Fiber Carbohydrate Choices</b>			
Vegetables	Organic is best, but not essential		Grocery Store (or Health Food Store for better variety of organics)
Greens drinks	Great substitute for essential veggies if lacking in your diet -- and great for kids! Watch out for additives in commercial brands.	Paleogreens (mint or lemon-lime) (70% organic and our favourite)	Hardick Chiropractic Centre
		Variety of other brands	Grocery / Health Food Store

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<b>Starchy Carbohydrate Choices</b>			
Starchy Vegetables	Organic is best, but not essential		Grocery Store (or Health Food Store for better variety of organics)
Beans	Dried, in bulk or in bags (organic is best but not essential).	Dried, in bulk.	Lyn-Dys
		Bob's Red Mill	Loblaws/Superstore
		Dried, organic	Quarter Master
Canned Beans	No salt added is preferred.	Eden Organic	Health Food Store or Loblaws/Superstore Natural Value department
Refried Beans	Personal favourite: "Spicy Refried Black Beans"	Eden Organic	Loblaws/Superstore
Whole Grains & Whole Cereals	Must be "whole grain, sprouted, or stone-ground."	Brown rice, millet, steel cut oats (Bob's Red Mill)	Grocery Store (or Health Food Store for better variety of organics)
Whole Whole Grain Breads	Every grain ingredient on the label must read "whole grain, sprouted, or stone-ground." (Must freeze this type of bread.)	Ezekiel Bread	Health Food Store or Loblaws/Superstore Natural Value department
<b>Condiments, Spices, and Seasonings</b>			
Mayonnaise	Most substitutes readily available in grocery stores (including some Vegemaise brands) are made with canola oil and/or soy products	Grapeseed Oil Vegenaise	Health Food Store



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<b>Sweeteners</b>			
Stevia	Look for stevia without unnatural preservatives and additives. Brands come in a variety of tastes and concentrations.	Stevita Stevia (personal favourite, but harder to find)	Soon to be available at Hardicks
		Pure-lē Natural "Spoonable Stevia" -- our next-best! (no aftertaste)	Quarter Master
Xylitol	Some people prefer the taste of Xylitol over Stevia. Be sure to use a xylitol that is not a derivative of corn (because most are)!	Designs for Health Xylitol Powder	Hardick Chiropractic Centre