

Shopping & Foods Cheat Sheet

Bonus resource — Autophagy Transformation Bundle

Approved Foods

Proteins

- Wild-caught fish (salmon, sardines, mackerel)
- Pasture-raised eggs
- Grass-fed beef and lamb
- Organic poultry
- Wild game
- Shellfish

Vegetables

- Cauliflower, broccoli, Brussels sprouts
- Asparagus, zucchini, bell peppers
- Cucumbers, tomatoes, mushrooms
- Garlic and onions

Fats & Optional Extras

- Avocado, extra virgin olive oil, raw nuts
- Bone broth (homemade or store-bought)
- Coconut aminos, ghee, olives
- Sauerkraut or kimchi
- Herbs and spices

Foods That Enhance Autophagy

- Cruciferous vegetables (sulforaphane)
- Green tea (EGCG)
- Coffee (chlorogenic acid)
- Turmeric (curcumin)
- Olive oil (oleic acid)
- Fatty fish (omega-3s)
- Mushrooms (ergothioneine)
- Pomegranate (urolithin A)

Sample Week 1 Shopping List

Proteins	Fats	Vegetables
----------	------	------------

