

# THE BIOHACKING HEALING GROCERY LIST

by David Holden ND. MS.



BIOHACKING HEALING

**Disclaimer:** Legal Medical Disclaimer: Information and statements made on this 5 Day Challenge, Biohacking Healing website, videos or printed and downloadable materials and our associated literature are for educational purposes only and are not intended to diagnose, treat, cure or prevent any disease. David Holden & Holden Health Care do not dispense medical advice, prescribe restricted medicines, or diagnose disease. If you have a medical condition, we recommend that you consult your physician of choice.

# The Biohacking Healing Grocery List

This grocery list isn't just about eating healthy—it's about strategic nutrition for optimal longevity and biohacking your biology. Whether you're a meat eater, vegetarian, pescatarian or vegan, we got you covered.

## 🌿 Anti-Aging Plant-Based Powerhouses

- ✓ Cruciferous Vegetables (Broccoli, Brussels Sprouts, Cauliflower) – Detox & longevity enzymes
- ✓ Dark Leafy Greens (Kale, Spinach, Chard) – Rich in antioxidants & minerals
- ✓ Microgreens & Sprouts (Broccoli Sprouts, Sunflower Sprouts) – Enzyme-packed longevity boosters
- ✓ Avocados – Healthy fats for brain & skin health
- ✓ Berries (Blueberries, Raspberries, Goji Berries) – Polyphenols & antioxidants
- ✓ Fermented Foods (Kimchi, Sauerkraut, Miso, Kefir) – Gut microbiome optimization
- ✓ Garlic & Onions – Anti-inflammatory & immune-boosting

## 🥑 Longevity-Boosting Fats

- ✓ Extra Virgin Olive Oil – Mediterranean longevity secret, rich in polyphenols
- ✓ Grass-Fed Butter & Ghee – Butyrate for gut health
- ✓ Coconut Oil & MCT Oil – Brain fuel & ketone support
- ✓ Raw Nuts & Seeds (Walnuts, Macadamia, Chia, Flax) – Omega-3 & mineral-rich
- ✓ Cacao (Not commercial cocoa or chocolate) – Flavonoids for cardiovascular health

## 🍄 Superfoods & Adaptogens

- ✓ Mushrooms (Lion's Mane, Reishi, Cordyceps, Chaga) – Brain & immune support
- ✓ Turmeric & Black Pepper – Curcumin for inflammation
- ✓ Ginger – Anti-inflammatory & digestive support
- ✓ Maca Root – Hormonal balance & energy boost
- ✓ Ashwagandha – Stress reduction & longevity enhancement



# The Biohacking Healing Grocery List

This grocery list isn't just about eating healthy—it's about strategic nutrition for optimal longevity and biohacking your biology.

## ● Essential Longevity Foods For Meat Eaters

- ✓ Wild-Caught Fatty Fish (Salmon, Sardines, Mackerel) – Omega-3s for brain health & inflammation reduction
- ✓ Pasture-Raised Eggs – Choline for cognition & cellular repair
- ✓ Grass-Fed, Organic Meat & Organs (Liver, Heart) – Nutrient-dense with essential vitamins & CoQ10
- ✓ Bone Broth – Collagen, glycine, and gut-healing properties
- ✓ Organic Poultry – High-quality protein for muscle maintenance

## 🍵 Hydration & Biohacker's Beverages

- ✓ Spring Water or Filtered Water – Structured water for optimal hydration
- ✓ Green Tea & Matcha – EGCG for cellular protection
- ✓ Organic Black Coffee – Polyphenols for brain function
- ✓ Electrolytes (Himalayan Salt, Magnesium, Potassium) – Hydration optimization

## 🍴 Longevity Staples for the Kitchen

- ✓ Seaweed & Algae (Spirulina, Chlorella, Nori, Dulse) – Mineral-dense detoxifiers
- ✓ Apple Cider Vinegar – Blood sugar regulation, digestion support
- ✓ Raw Honey & Manuka Honey – Antimicrobial, immune-support
- ✓ Organic Bone-In Sardines – Calcium, DHA, longevity fats
- ✓ Dark Purple & Red Foods (Beets, Pomegranates, Purple Cabbage) – Nitric oxide & circulation boosters



# The Biohacking Healing Grocery List

Vegans need to make sure you power up with plant based sources of the b vitamins an amino acids to get that nutrient saturation neede for longevity.

## 👉 Must Eat Especially For Vegans

- ✓ Nutritional Yeast – B12 powerhouse, supports energy & nerve health
- ✓ Sprouted Grains (Brown Rice, Oats, Rye, Millet) – B1,2,3 for brain health
- ✓ Legumes (Lentils, Chickpeas, Black Beans) – B6 for neurotransmitters, iron boost
- ✓ Avocados – Rich in B5 & B6 for stress reduction & cognitive function
- ✓ Leafy Greens (Spinach, Kale, Romaine, Chard) – Folate (B9) for DNA repair & energy
- ✓ Mushrooms (Shiitake, Crimini, Portobello) – Natural B vitamins & immune support
- ✓ Almonds, Sunflower Seeds & Flaxseeds – B7 (Biotin) for hair, skin & energy metabolism

## 👉 Best Vegan Sources of Iron

- ✓ Lentils & Chickpeas
- ✓ Tofu & Tempeh
- ✓ Pumpkin Seeds
- ✓ Quinoa
- ✓ Blackstrap Molasses
- ✓ Chia Seeds & Hemp Seeds
- ✓ Dark Leafy Greens (Kale, Collard Greens, Swiss Chard, Spinach) – Iron-dense, but best eaten with vitamin C (Broccoli)
- ✓ Dried Fruits (Apricots, Figs, Raisins, Prunes).
- ✓ Seaweed (Nori, Spirulina, Dulse) – High in iron & iodine

## 💡 Biohack Iron Absorption Tip #1

Avoid coffee & tea near meals, as they inhibit iron uptake

💡 **Biohack B12 Tip:** B12 is mostly found in animal products. Vegan sources include fortified plant milks, nutritional yeast, and B12 supplements.

## 💡 Biohack Iron Absorption Tip #2

Pair iron-rich foods with vitamin C (broccoli, lemon, bell peppers, oranges) to increase absorption



# The Biohacking Healing Grocery List

## Longevity Mineral Rich Foods

### 🦷 Magnesium-Rich Foods (Cellular Energy)

- ✓ Dark Leafy Greens – Supports heart health & nervous system
- ✓ Pumpkin Seeds – One of the best sources of magnesium
- ✓ Almonds & Cashews – Brain-boosting rich in magnesium & healthy fats
- ✓ Avocados – Supports muscle function & nervous system balance
- ✓ Cacao (NOT Cocoa) – Magnesium-packed & great for stress relief
- ✓ Legumes (Lentils, Black Beans, Chickpeas)
- ✓ Bananas – Natural magnesium + potassium for electrolyte balance
- ✓ Quinoa – Magnesium for energy production & bone strength
- ✓ Tofu & Tempeh – Plant-based protein & magnesium combo
- ✓ Figs & Dried Fruits – Magnesium-packed, great for digestion

### 🧬 Best Sources of Zinc

- ✓ Pumpkin Seeds – Great for immunity & testosterone
- ✓ Chickpeas & Lentils
- ✓ Hemp Seeds & Flaxseeds
- ✓ Cashews & Almonds – Zinc-rich nuts for brain function
- ✓ Quinoa & Whole Grains
- ✓ Mushrooms
- ✓ Grass-Fed Beef & Lamb – Highest bioavailable source of zinc
- ✓ Oysters – The richest source of zinc for hormone balance

💡 **Biohack Magnesium Tip**  
Stress depletes magnesium! Get enough to support relaxation & deep sleep.



# The Biohacking Healing Grocery List

## Longevity Mineral & Vitamin Rich Foods

### 🌱 Best Sources of Selenium

- ✓ Brazil Nuts – #1 selenium source (just 1 nut meets daily needs!)
- ✓ Sunflower Seeds – Good plant-based selenium option
- ✓ Mushrooms (Shiitake, Crimini, Portobello) – Selenium & immune support
- ✓ Brown Rice & Whole Grains – Provides moderate selenium levels
- ✓ Legumes (Lentils, Chickpeas, Black Beans) – Plant-based selenium source
- ✓ Wild-Caught Salmon, Sardines & Tuna – High in selenium & omega-3s
- ✓ Eggs – Good selenium & protein combo

### ☀️ Best Natural Sources of Vitamin D3

- ✓ Sunlight ☀️
- ✓ Wild-Caught Salmon, Sardines & Mackerel
- ✓ Egg Yolks – Free-range eggs have more D3
- ✓ Mushrooms (Sun-Dried or UV-Exposed) – The best vegan source
- ✓ Cod Liver Oil – Extreme D3 boost

### 🍷 Best Natural Sources of Vitamin K2

- ✓ Natto (Fermented Soybeans) – #1 K2 source (Japanese longevity food!)
- ✓ Grass-Fed Butter & Ghee – Rich in K2 for calcium metabolism
- ✓ Egg Yolks – Contains both D3 & K2 for strong bones
- ✓ Aged Cheeses (Gouda, Brie, Cheddar) – K2 powerhouse
- ✓ Fermented Foods (Sauerkraut, Kimchi, Miso) – Gut health & K2 boost
- ✓ Grass-Fed Liver & Meat – Animal-based K2 source

### 💡 Biohack Tip

**D3 & K2 Work Together!**  
Always pair them to ensure proper calcium absorption into bones (not arteries!).

💡 **Selenium Biohack Tip**  
Just 2 Brazil nuts per day meet your selenium needs!



# The Biohacking Healing Grocery List

Edible Herbs for Salads & Cooking That Promote Longevity. These powerful, nutrient-dense herbs don't just add flavor—they supercharge your body with anti-aging, anti-inflammatory, and cellular-protective benefits.

## ● Fresh Herbs for Salads & Everyday Cooking

- ✓ Parsley – Detoxifies heavy metals, supports kidney function, rich in Vit K
- ✓ Cilantro – Heavy metal detox, supports gut health, anti-inflammatory
- ✓ Basil – Anti-bacterial, stress reducer, improves blood circulation
- ✓ Mint – Supports digestion, reduces bloating, calms the nervous system
- ✓ Dill – Antioxidant-rich, supports digestion, and aids in sleep regulation
- ✓ Chives – Boosts immune function, supports heart health, rich in Vitamin C
- ✓ Thyme – Powerful anti-microbial, lung support, boosts immunity

## 🔥 Longevity Herbs for Cooking & Healing

- ✓ Rosemary – Supports memory, cognitive function, combats oxidative stress
- ✓ Oregano – High in antioxidants, anti-bacterial, and supports gut health
- ✓ Sage – Enhances brain function, supports hormonal balance
- ✓ Turmeric – Potent anti-inflammatory, protects against aging diseases
- ✓ Ginger – Anti-inflammatory, digestive support, and circulation booster
- ✓ Garlic – Cardiovascular protector, immune booster, and anti-microbial
- ✓ Lemongrass – Detoxifier, anti-fungal, and digestive support
- ✓ Bay Leaves – Regulates blood sugar, supports digestion, and reduces inflammation

## 🍵 Herbal Longevity Additions for Teas & Healing Elixirs

- ✓ Holy Basil (Tulsi) – Adaptogen for stress relief, immune booster, supports adrenal function
- ✓ Moringa – Protein-packed superleaf, anti-inflammatory supports cellular health
- ✓ Nettle – Iron-rich, detoxing, anti-histamine good for allergies
- ✓ Lemon Balm – Calms nervous system
- ✓ Fennel – Aids digestion, reduces bloating



## Longevity Drinks & Superfood Tonics

- ✓ Green Tea & Matcha – For Longevity & Cell Repair
- ✓ Black Coffee (Organic) – Polyphenols for brain function & metabolism
- ✓ Bone Broth – Collagen, glycine, and gut-healing nutrients
- ✓ Golden Milk (Turmeric + Black Pepper + Coconut Milk) – Anti-inflammatory
- ✓ Beet Juice – Nitric oxide booster for circulation & endurance



## **David's Favourite Drink The Blue Zone Boost**

My version of the Biohackers "Danger Coffee"

- ✓ 100% Organic Freshly Brewed  
(Hot or cold)
- ✓ 100% Organic Coconut Milk
- ✓ 100% Organic Whey Powder  
(Vanilla or chocolate)
- ✓ 15-30gms (1/2 - 1oz) Organic Butter  
(Coconut Butter for Vegans)
- ✓ MCT Coconut Oil

Thoroughly mix ingredients in a quality blender.  
Pour and enjoy an immediate energy boost.

## David's Favourite Longevity Supps

- ✓ Gender Specific Multi (Script Only)
  - Metagenetics Male Essentials
  - Metagenetics Femm Essentials
- ✓ Brett Elliot's BodiClenz
- ✓ Xtralife Spike Detox
- ✓ Xtralife REWIND
- ✓ Lipspheric Vitamin C
  - Quick Silver Scientific Brand
- ✓ Cerule Collagen Active (Blue Spirulina)
- ✓ Cerule StemEnhance ULTRA
- ✓ Liquid Pump Spray VD3 & K2 together

[Check Website For Details](#)

