

# HEALING FOOD SHOPPING LIST



## VEGETABLES

- Artichoke
- Arugula
- Asparagus
- Avocados
- Beets/Beet Greens
- Bell Peppers
- Bok Choy
- Broccoli
- Broccoli Rabe
- Brussels Sprouts
- Cabbage
- Carrots
- Celery
- Collards
- Cucumbers
- Eggplant
- Garlic
- Green Beans
- Jerusalem Artichoke
- Kale
- Mushrooms
- Olives
- Onions
- Parsnip
- Peppers (all kinds)
- Pumpkin
- Radish
- Romaine Lettuce
- Sea Vegetables
- Spinach
- Squash
- Tomatoes
- Turnip Greens
- Watercress
- Wheat Grass

### In Moderation:

- Brown/Wild Rice
- Beans
- Sweet Potatoes
- Quinoa

## FISH (Wild Caught only, NO Farm Raised)

- Anchovies
- Bass
- Cod
- Grouper
- Haddock
- Halibut
- Herring
- Mackerel
- Mahi Mahi
- Red Snapper
- Salmon
- Sardines
- Seabass
- Trout
- Tuna
- Walleye
- ✗ NO Shellfish

## DAIRY (Raw, or Low- Temp Processed)

- A2 Cows Milk
- A2 Cows Cheese
- A2 Cows Amasai
- Goats Milk
- Goats Cheese
- Kefir (Cultured Goat Milk)
- Sheep Cheese
- Sheep Yogurt
- Any Other Raw Dairy

## MEAT (Organic, Grassfed)

- Beef
- Bison
- Chicken
- Duck
- Eggs
- Lamb
- Turkey
- Quail and other wild game
- Venison and other wild game
- ✗ NO Pork

## NUTS AND SEEDS

- Almonds
- Brazil Nuts
- Chia Seeds
- Flax Seeds
- Hemp Seeds
- Hazelnuts
- Macadamia
- Pecans
- Pine Nuts
- Pistachios
- Pumpkin Seeds
- Sesame Seeds
- Walnuts
- Nut Butters
- Seed Butters
- ✗ NO Peanuts

## FATS /OILS

(Organic Unrefined)

- Avocado Oil
- Almond Oil
- Butter (pastured)
- Coconut Oil/Milk
- Ghee
- Grapeseed Oil
- Macadamia Oil
- Olive Oil
- Sesame Oil
- Palm Oil
- Walnut Oil
- ✗ NO Canola Oil

## FRUITS

### Preferred

- Blackberries
- Blueberries
- Cranberries
- Goji Berries
- Raspberries
- Strawberries

### In Moderation

- African Mango
- Apple
- Apricot
- Banana
- Cantaloupe
- Camu-Camu
- Cherries
- Coconuts
- Figs
- Grapefruit
- Grapes
- Indian Gooseberry
- Lemon
- Lime
- Mango
- Nectarine
- Orange
- Papaya
- Peaches
- Pears
- Pineapple
- Plums
- Pomegranate
- Rhubarb
- Watermelon
- All other fruits

## SPICES AND HERBS

- Basil
- Black Pepper
- Cayenne Pepper
- Chili Pepper
- Cilantro
- Coriander Seeds
- Cinnamon
- Cloves
- Cumin
- Dill
- Fennel
- Garlic
- Ginger
- Mint
- Mustard Seeds
- Nutmeg
- Oregano
- Paprika
- Parsley
- Peppermint
- Rosemary
- Sage
- Tarragon
- Thyme
- Turmeric

## CONDIMENTS

- Apple Cider Vinegar
- Balsamic Vinegar
- Coconut Vinegar
- Coconut Aminos
- Cocoa
- Extracts (Vanilla/Almond)
- Guacamole
- Hummus
- Mustard (Stone Ground)
- Mayo (Grapeseed Oil)
- Salsa
- Sea Salt
- Tamari

## BEVERAGES

- Almond Milk
- Coconut Kefir
- Coconut Milk
- Cultured Whey
- Herbal Teas
- Kombucha
- Raw Vegetable Juices
- Sparkling Water
- Spring Water (or Filtered)

## SWEETENERS

### In Moderation

- Raw Honey
- Stevia

## OCCASIONAL INDULGENCES

- Wine
- Dark Chocolate

## SUPPLEMENTS

- Greens Powder
- Whole Food-Based Multi-Vitamin
- Omega-3 Fish Oil
- Whey Protein Concentrate Powder (Grassfed)
- Brown Rice Protein Powder