Shopping List

Vegetables

Purchase twice as many veggies as fruit–fresh or frozen only, organic if possible.

- ❒ Artichokes
- ❒ Arugula
- ❒ Asparagus
- ❒ Bamboo shoots
- ❒ Bean sprouts
- ❒ Beet greens
- ❒ Beets, red
- ❒ Bok choy
- ❒ Broccoli or brocciflower
- ❒ Brussels sprouts
- ❒ Cabbage (all types)
- ❒ Carrots
- ❒ Cauliflower
- ❒ Celery
- ❒ Chicory
- ❒ Chives
- ❒ Collard greens
- ❒ Cucumbers
- ❒ Dandelion greens
- ❒ Eggplant
- ❒ Endive
- ❒ Escarole
- ❒ Garlic
- ❒ Kale
- ❒ Kohlrabies
- ❒ Leeks
- ❒ Lettuce (red and green)
- ❒ Mushrooms
- ❒ Mustard greens
- ❒ Okra
- ❒ Onions
- ❒ Oyster plant
- ❒ Parsley
- ❒ Peppers (any color)
- ❒ Pimentos
- ❒ Radicchio
- ❒ Radishes
- ❒ Romaine
- ❒ Sea vegetables
- ❒ Spinach
- ❒ Squash (acorn, butternut, spaghetti)
- ❒ String beans
- ❒ Sweet potatoes
- ❒ Swiss chard
- ❒ Turnips
- ❒ Water chestnuts
- ❒ Watercress
- ❒ Yams
- ❒ Zucchini

Fruit

Fresh or frozen only, organic if possible.

- ❒ Apples
- ❒ Apricots, raw
- ❒ Avocados
- ❒ Bananas
- ❒ Blackberries
- ❒ Blueberries
- ❒ Cantaloupe
- ❒ Cherries
- ❒ Cranberries
- ❒ Figs
- ❒ Grapefruit
- ❒ Grapes
- ❒ Guavas
- ❒ Honeydew melon
- ❒ Kiwis
- ❒ Kumquats
- ❒ Lemons
- ❒ Limes
- ❒ Loganberries
- ❒ Mangos
- ❒ Mulberries
- ❒ Nectarines
- ❒ Oranges
- ❒ Papayas
- ❒ Peaches
- ❒ Pears
- ❒ Pineapple
- ❒ Plums
- ❒ Pomegranates
- ❒ Raspberries
- ❒ Rhubarb
- ❒ Strawberries
- ❒ Tangerines
- ❒ Tomatoes

Lentils | Wild/Brown Rice

- ❒ Lentils
- ❒ Brown rice
- ❒ Wild rice

Beverages

- ❒ Spring water

Lean Protein Sources

Note: Select organic, free-range, antibiotic-free, and hormone-free protein sources if possible–no cured, smoked, or luncheon meats

- ❒ Chicken
- ❒ Fish
- ❒ Other lean meat

Oils

- ❒ Coconut oil
- ❒ Extra-virgin olive oil
- ❒ Fish oil
- ❒ Flaxseed oil (Keep refrigerated, do not heat)
- ❒ Grape seed oil

Other

- ❒ Fresh herbs, spices, and accents