

Shopping List

This is a sample listing of the herbs, seasonings, fresh fruits, fresh vegetables, and protein that you can include in your meal plans. We do not recommend canned foods and sauces, as they ferment and can increase their sugar content.

Fresh Vegetables

- Artichoke
- Artichoke Hearts
- Asparagus
- Bamboo Shoots
- Beets
- Beet Greens
- Bok Choy
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celery
- Chard (all varieties)
- Chicory
- Chinese Cabbage
- Corn
- Cucumbers
- Daikon
- Eggplant
- Fennel Root
- Green beans (all varieties)
- Green Peas
- Greens: beet, collard, kale, mustard or turnip
- Jicama (Mexican potato)
- Kohlrabi
- Leeks
- Lettuce: Endive, Escarole, leafy varieties: Romaine, etc.
- Mushrooms
- Okra
- Onions
- Parsnips
- Peppers (all varieties)
- Potatoes (all varieties)
- Pumpkin
- Radicchio
- Radishes
- Rhubarb
- Rutabaga
- Scallions
- Snow peas
- Spinach
- Squash (all varieties)
- String beans
- Swiss chard
- Sweet Potatoes
- Tomatoes
- Turnips
- Watercress
- Yams
- Zucchini (all varieties)
- _____
- _____
- _____

Fresh Fruits

- Apples
- Apricots
- Avocados
- Bananas
- Blackberries
- Blueberries
- Cantaloupe
- Casaba Melon
- Cherries
- Cranberries (fresh)
- Crenshaw Melon
- Grapefruit
- Grapes
- Guavas
- Honeydew Melon
- Kiwi Fruit
- Kumquats
- Lemons
- Limes
- Mangoes
- Nectarines
- Papayas
- Passion Fruit
- Peaches
- Pears
- Persimmons
- Pineapple
- Plantains
- Plums
- Pomegranates
- Raspberries
- Strawberries
- Tangerines
- Watermelon
- _____
- _____
- _____

Protein

- Eggs
- Chicken
- Turkey
- Fish
- Beef
- Lamb
- Buffalo

Brown Rice

- Hot Brown Rice (short or long grain)
- Hot Brown Rice Cereal
- Brown Rice Cakes (plain only)

Seasonings

- Anise
- Brags Liquid Amino Acids
- Cardamom
- Caraway
- Cayenne Pepper
- Chili Pepper Flakes
- Cinnamon
- Coriander
- Cumin
- Fennel
- Fresh Ground Black Pepper
- Garlic
- Ginger
- Herbs de Provence
- Hibiscus
- Mustard Powder
- Nutmeg
- Paprika
- Salt
- Saffron
- Ground sumac
- Turmeric
- _____
- _____
- _____

Herbs*

- Basil
- Bay Leaves
- Cilantro
- Dill
- Fenugreek
- Leek
- Marjoram
- Mint
- Oregano
- Parsley
- Rosemary
- Sage
- Tarragon
- Thyme
- _____
- _____
- _____

*herbs can be fresh or dried

Oils

- Extra Virgin Olive Oil
- Coconut Oil
- Almond Oil
- Apricot Oil