



Healthy Grocery Shopping List Options

VEGETABLES

- Asparagus
- Beet greens
- Beets
- Bell pepper
- Broccoli
- Brussel sprouts
- Cabbage
- Carrots
- Cauliflower
- Cayenne Pepper
- Celery
- Collard greens
- Corn
- Cucumber
- Green beans
- Green peas
- Kale
- Lettuce
- Peas
- Scallions
- Seaweed
- Sweet potatoes
- Spinach
- Swiss chard
- Squash
- Yams
- Zucchini
- ...

SEA VEGETABLES

- Arame
- Kelp
- Nori
- Wakame
- ...

FRUIT

- Apricots
- Avocado
- Banana
- Cantaloupe
- Cherries
- Dates
- Figs
- Goji berries
- Grapefruit
- Grapes
- Guava
- Kiwi
- Lemon
- Leeks
- Lime
- Mango
- Nectarine
- Olives
- Oranges
- Papaya
- Peach
- Persimmon
- Raspberries
- Strawberries
- Tomatoes
- Watermelon
- ...

HERBS

- Basil
- Chives
- Mint
- Parsley
- Rosemary
- Watercress
- ...



SPICES

- Chili powder
- Cinnamon
- Mustard seeds
- Garlic
- Paprika
- Turmeric
- ...

MUSHROOMS

- Chaga
- Cordyceps
- Crimini
- Lion's mane
- Portabello
- Reishi
- Shitake
- ...

MEAT -

from healthy pasture raised animals

- Beef
- Bison
- Elk
- Lamb
- Liver
- ...

POULTRY -

from healthy pasture raised animals

- Chicken
- Duck
- Turkey
- Pheasant
- ...

EGGS -

from healthy pasture raised animals

- Chicken eggs
- Duck eggs
- ...

WILD FISH etc.

- Caviar
- Clams
- Cod
- Herring
- Mackerel
- Oysters
- Salmon
- Sardines
- Shrimps
- Trout
- ...

NUTS

- Almonds
- Brazil nuts
- Cashews
- Hazelnuts
- Pine nuts
- Walnuts
- ...

SEEDS

- Chia seeds
- Flax seeds
- Hemp seeds
- Sesame seeds
- Sunflower seeds
- Poppy seeds
- Pumpkin seeds
- ...



GLUTEN-FREE GRAINS

- Amaranth
- Brown rice
- Buckwheat
- Millet
- Oats (gluten free)
- Teff
- Quinoa
- ...

LEGUMES

- Adzuki beans
- Black beans
- Black eyed peas
- Chickpeas
- Kidney beans
- Lentils
- Mung beans
- Navy beans
- Pinto beans
- ...

FERMENTS unpasteurized

- *Full fat cheese
- Dill pickles
- Fermented beets
- Kim chi
- *Milk kefir
- Miso
- Sauerkraut
- Water kefir
- *Yoghurt
- ...

*Only if dairy is tolerated

TEAS

- CapomoJojo
- Chamomile
- Dandelion
- Ginger
- Green tea
- Mint
- Nettle
- Peppermint
- Rooibos
- Rose hip
- Turmeric
- ...