

Healing Foods Shopping List

Vegetables

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

In Moderation

- Brown/Wild Rice
- Beans
- Oats
- Quinoa
- Starchy Veggies

Fish

- Anchovies
- Black Cod
- Grouper
- Haddock
- Herring
- Mackerel
- Red Snapper
- Salmon
- Sardines
- Seabass
- Trout
- Tuna
- Walleye
- Wild caught Shrimp

Dairy & Non-Dairy

- Goats Milk- if tolerated
- Goat Cheese-if tolerated
- Sheep Cheese-if tolerated
- Sheep Yogurt-if tolerated
- Plant-Based Milks
- Dairy-Free Cheeses
- Nut Yogurts
- Coconut Yogurt

Meats

- Beef
- Chicken & Turkey
- Bison
- Eggs, pastured
- Wild Game
- Non-pig bacon, sausage, deli meats- must be uncured & nitrate free

Nuts & 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
- Prefer no Peanut Butter*

Fats/Oils

- Avocado Oil
- Almond Butter
- Butter (pastured)
- Coconut Oil
- Coconut Butter
- Grapeseed Oil
- Macadamia Oil
- Olive Oil
- Sesame Oil
- Palm Oil
- Walnut Oil
- Hemp Oil
- Flax Oil
- NO Canola, Soybean, or Vegetable Oils*

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Fruits

Preferred

- Avocados
- Blackberries
- Blueberries
- Cranberries
- Goji Berries
- Raspberries
- Strawberries
- Lemons
- Limes
- Pomegranates

In Moderation

- Apples
- Apricots
- Bananas
- Cantaloupes
- Cherries
- Coconuts
- Figs
- Grapefruit
- Grapes
- Mango
- Nectarines
- Oranges
- Papaya
- Peaches
- Pears
- Pineapples
- Plums
- Rhubarb
- Watermelon
- All other fruits

Spices & Herbs

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

Beverages

- Coconut Water
- Coconut Kefir
- Coffee-organic
- Herbal Tea
- Black Tea
- Kombucha
- Raw Vegetable juices
- Sparkling Water
- Pure Water
- Fruit Infused Water
- Apple Cider Vinegar Drinks

Condiments

- Apple Cider Vinegar
- Balsamic Vinegar
- Coconut Aminos
- Cocoa/Cacao
- Guacamole
- Hummus
- Mustard
- Mayo (avocado oil)
- Salsa
- Himalayan Salt
- Tamari
- Horseradish
- Salad Dressings (Primal Kitchen & Braggs Brands)
- Sauerkraut- raw
- Apple Butter (no Sugar)

Sweeteners

- Raw Honey
- 100% Maple Syrup
- Stevia-no fillers
- Monk Fruit Sugar
- Coconut Sugar-minimal

Occasional Indulgences

- Clear Alcohols
- Dairy free ice cream
- Wine
- Dark Chocolate-70% or darker