

Healing Food Shopping List

Vegetables

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

In Moderation

Brown/Wild Rice	<input type="checkbox"/>
Beans	<input type="checkbox"/>
Sweet Potatoes	<input type="checkbox"/>
Quinoa	<input type="checkbox"/>

Fish (Wild Caught only, NO Farm Raised)

Anchovies	<input type="checkbox"/>
Bass	<input type="checkbox"/>
Cod	<input type="checkbox"/>
Grouper	<input type="checkbox"/>
Haddock	<input type="checkbox"/>
Halibut	<input type="checkbox"/>
Herring	<input type="checkbox"/>
Mackerel	<input type="checkbox"/>
Mahi Mahi	<input type="checkbox"/>
Red Snapper	<input type="checkbox"/>
Salmon	<input type="checkbox"/>
Sardines	<input type="checkbox"/>
Seabass	<input type="checkbox"/>
Trout	<input type="checkbox"/>
Tuna	<input type="checkbox"/>
Walleye	<input type="checkbox"/>
NO Shellfish	<input checked="" type="checkbox"/>

Dairy (Raw, or LowTemp Processed)

A2 Cows Milk	<input type="checkbox"/>
A2 Cows Cheese	<input type="checkbox"/>
A2 Cows Amasai	<input type="checkbox"/>
Goats Milk	<input type="checkbox"/>
Goats Cheese	<input type="checkbox"/>
Kefir (Cultured Goat Milk)	<input type="checkbox"/>
Sheep Cheese	<input type="checkbox"/>
Sheep Yogurt	<input type="checkbox"/>
Any Other Raw Dairy	<input type="checkbox"/>

Meat (Organic, Grassfed)

Beef	<input type="checkbox"/>
Bison	<input type="checkbox"/>
Chicken	<input type="checkbox"/>
Duck	<input type="checkbox"/>
Eggs	<input type="checkbox"/>
Lamb	<input type="checkbox"/>
Turkey	<input type="checkbox"/>
Quail & other wild game	<input type="checkbox"/>
Venison & other wild game	<input type="checkbox"/>
NO Pork	<input checked="" type="checkbox"/>

Nuts & Seeds

Almonds	<input type="checkbox"/>
Brazil Nuts	<input type="checkbox"/>
Chia Seeds	<input type="checkbox"/>
Flax Seeds	<input type="checkbox"/>
Hemp Seeds	<input type="checkbox"/>
Hazelnuts	<input type="checkbox"/>
Macadamia	<input type="checkbox"/>
Pecans	<input type="checkbox"/>
Pine Nuts	<input type="checkbox"/>
Pistachios	<input type="checkbox"/>
Pumpkin Seeds	<input type="checkbox"/>
Sesame Seeds	<input type="checkbox"/>
Walnuts	<input type="checkbox"/>
Nut Butters	<input type="checkbox"/>
Seed Butters	<input type="checkbox"/>
NO Peanuts	<input checked="" type="checkbox"/>

Fats/Oils (Organic Unrefined)

Avocado Oil	<input type="checkbox"/>
Almond Oil	<input type="checkbox"/>
Butter (pastured)	<input type="checkbox"/>
Coconut Oil/Milk	<input type="checkbox"/>
Ghee	<input type="checkbox"/>
Grapeseed Oil	<input type="checkbox"/>
Macadamia Oil	<input type="checkbox"/>
Olive Oil	<input type="checkbox"/>
Sesame Oil	<input type="checkbox"/>
Palm Oil	<input type="checkbox"/>
Walnut Oil	<input type="checkbox"/>
NO Canola Oil	<input checked="" type="checkbox"/>

Fruits

Preferred

Blackberries	<input type="checkbox"/>
Blueberries	<input type="checkbox"/>
Cranberries	<input type="checkbox"/>
Goji Berries	<input type="checkbox"/>
Raspberries	<input type="checkbox"/>
Strawberries	<input type="checkbox"/>

In Moderation

African Mango	<input type="checkbox"/>
Apple	<input type="checkbox"/>
Apricot	<input type="checkbox"/>
Banana	<input type="checkbox"/>
Cantaloupe	<input type="checkbox"/>
Camu-Camu	<input type="checkbox"/>
Cherries	<input type="checkbox"/>
Coconuts	<input type="checkbox"/>
Figs	<input type="checkbox"/>
Grapefruit	<input type="checkbox"/>
Grapes	<input type="checkbox"/>
Indian Gooseberry	<input type="checkbox"/>
Lemon	<input type="checkbox"/>
Lime	<input type="checkbox"/>
Mango	<input type="checkbox"/>
Nectarine	<input type="checkbox"/>
Orange	<input type="checkbox"/>
Papaya	<input type="checkbox"/>
Peaches	<input type="checkbox"/>
Pears	<input type="checkbox"/>
Pineapple	<input type="checkbox"/>
Plums	<input type="checkbox"/>
Pomegranate	<input type="checkbox"/>
Rhubarb	<input type="checkbox"/>
Watermelon	<input type="checkbox"/>
All other fruits	<input type="checkbox"/>

Spices & Herbs

Basil	<input type="checkbox"/>
Black Pepper	<input type="checkbox"/>
Cayenne Pepper	<input type="checkbox"/>
Chili Pepper	<input type="checkbox"/>
Cilantro	<input type="checkbox"/>
Coriander Seeds	<input type="checkbox"/>
Cinnamon	<input type="checkbox"/>
Cloves	<input type="checkbox"/>
Cumin	<input type="checkbox"/>
Dill	<input type="checkbox"/>
Fennel	<input type="checkbox"/>
Garlic	<input type="checkbox"/>
Ginger	<input type="checkbox"/>
Mint	<input type="checkbox"/>
Mustard Seeds	<input type="checkbox"/>
Nutmeg	<input type="checkbox"/>
Oregano	<input type="checkbox"/>
Paprika	<input type="checkbox"/>
Parsley	<input type="checkbox"/>
Peppermint	<input type="checkbox"/>
Rosemary	<input type="checkbox"/>
Sage	<input type="checkbox"/>
Tarragon	<input type="checkbox"/>
Thyme	<input type="checkbox"/>
Turmeric	<input type="checkbox"/>

Condiments

Apple Cider Vinegar	<input type="checkbox"/>
Balsamic Vinegar	<input type="checkbox"/>
Coconut Vinegar	<input type="checkbox"/>
Coconut Aminos	<input type="checkbox"/>
Cocoa	<input type="checkbox"/>
Extracts (Vanilla/Almond)	<input type="checkbox"/>
Guacamole	<input type="checkbox"/>
Hummus	<input type="checkbox"/>
Mustard (Stone Ground)	<input type="checkbox"/>
Mayo (Grapeseed Oil)	<input type="checkbox"/>
Salsa	<input type="checkbox"/>
Sea Salt	<input type="checkbox"/>
Tamari	<input type="checkbox"/>

Beverages

Almond Milk	<input type="checkbox"/>
Coconut Kefir	<input type="checkbox"/>
Coconut Milk	<input type="checkbox"/>
Cultured Whey	<input type="checkbox"/>
Herbal Teas	<input type="checkbox"/>
Kombucha	<input type="checkbox"/>
Raw Vegetable Juices	<input type="checkbox"/>
Sparkling Water	<input type="checkbox"/>
Spring Water (or Filtered)	<input type="checkbox"/>

Sweeteners

In Moderation	<input type="checkbox"/>
Raw Honey	<input type="checkbox"/>
Stevia	<input type="checkbox"/>

Occasional Indulgences

Wine	<input type="checkbox"/>
Dark Chocolate	<input type="checkbox"/>

Supplements

Greens Powder	<input type="checkbox"/>
Whole Food-Based	<input type="checkbox"/>
Multi-Vitamin	<input type="checkbox"/>
Omega-3 Fish Oil	<input type="checkbox"/>
Whey Protein Concentrate	<input type="checkbox"/>
Powder (Grassfed)	<input type="checkbox"/>
Brown Rice Protein Powder	<input type="checkbox"/>