# Healing Food Shopping List

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

## Fish
(Wild Caught only, NO Farm Raised)
- Anchovies
- Bass
- Cod
- Grouper
- Haddock
- Halibut
- Herring
- Mackerel
- Mahi Mahi
- Red Snapper
- Salmon
- Sardines
- Seabass
- Trout
- Tuna
- Walleye
- NO Shellfish

## 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
- NO Peanuts

## Dairy
(Raw, or LowTemp Processed)
- A2 Cows Milk
- A2 Cows Cheese
- A2 Cows Amasai
- Goats Milk
- Goats Cheese
- Kefir (Cultured Goat Milk)
- Sheep Cheese
- Sheep Yogurt
- Any Other Raw Dairy

## Fats/Oils
(Organic Unrefined)
- Avocado Oil
- Almond Oil
- Butter (pastured)
- Coconut Oil/Milk
- Ghee
- Grapeseed Oil
- Macadamia Oil
- Olive Oil
- Sesame Oil
- Palm Oil
- Walnut Oil
- NO Canola Oil

## Meat
(Organic, Grassfed)
- Beef
- Bison
- Chicken
- Duck
- Eggs
- Lamb
- Turkey
- Quail & other wild game
- Venison & other wild game
- NO Pork

## In Moderation
- Brown/Wild Rice
- Beans
- Sweet Potatoes
- Quinoa
### Fruits

- **Preferred**
  - Blackberries
  - Blueberries
  - Cranberries
  - Goji Berries
  - Raspberries
  - Strawberries

- **In Moderation**
  - African Mango
  - Apple
  - Apricot
  - Banana
  - Cantaloupe
  - Camu-Camu
  - Cherries
  - Coconuts
  - Figs
  - Grapefruit
  - Grapes
  - Indian Gooseberry
  - Lemon
  - Lime
  - Mango
  - Nectarine
  - Orange
  - Papaya
  - Peaches
  - Pears
  - Pineapple
  - Plums
  - Pomegranate
  - 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 Seeds
- Nutmeg
- Oregano
- Paprika
- Parsley
- Peppermint
- Rosemary
- Sage
- Tarragon
- Thyme
- Turmeric

### Beverages

- Almond Milk
- Coconut Kefir
- Coconut Milk
- Cultured Whey
- Herbal Teas
- Kombucha
- Raw Vegetable Juices
- Sparkling Water
- Spring Water (or Filtered)

### Sweeteners

- **In Moderation**
  - Raw Honey
  - Stevia

### Occasional Indulgences

- Wine
- Dark Chocolate

### Condiments

- Apple Cider Vinegar
- Balsamic Vinegar
- Coconut Vinegar
- Coconut Aminos
- Cocoa
- Extracts (Vanilla/Almond)
- Guacamole
- Hummus
- Mustard (Stone Ground)
- Mayo (Grapeseed Oil)
- Salsa
- Sea Salt
- Tamari

### Supplements

- Greens Powder
- Whole Food-Based Multi-Vitamin
- Omega-3 Fish Oil
- Whey Protein Concentrate Powder (Grassfed)
- Brown Rice Protein Powder

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