

Summer Shopping list

Vegetables:

Alfalfa Sprouts	Corn	Pumpkin
Artichokes	Cucumbers	Radishes
Asparagus	Dandelion	Seaweed
Avocados	Eggplant	Snow Peas
Bean Sprouts	Endive	Spinach
Beet greens	Fennel	Squash, Acorn Squash,
Bell Peppers	Green Beans	Winter
Bitter Melon	Jicama	Sweet Potatoes
Broccoli	Kale	Swiss Chard
Cabbage	Lettuce	Tomatoes (sweet)
Cauliflower	Mushrooms	Turnip Greens
Celery	Mustard Greens	Watercress
Chicory	Okra	Zucchini
Cilantro	Parsley	
Collard Greens	Peas	

Fruit:

Apples	Grapes	Persimmons
Apricots	Guavas	Pineapple (sweet)
Blueberries	Mangoes	Plums (ripe)
Cantaloupe	Melon	Pomegranates
Cherries (ripe)	Nectarines	Raspberries
Cranberries	Oranges	Strawberries
Coconut	Papayas (small amounts)	Tangerines
Dates	Peaches (ripe and/or	
Dried Fruit	peeled)	
Figs	Pears	

Meats:

Chicken	Pork
Duck	Ocean fish (occasionally)
Eggs	Shellfish (occasionally)
Freshwater Fish	Turkey

Beans & Legumes:

Adzuki	Lentils
Bean Sprouts	Lima
Black Gram	Mung
Fava	Split Pea
Garbanzo	Tofu
Kidney	

Condiments:

Carob
Mayonnaise
Sweet mango chutney
Tamari

Oils:

Sunflower
Avocado
Coconut
Flax
Olive
Ghee

Herbs & Spices:

Anise	Saffron
Asafoetida	Cumin
Chamomile	Fennel
Coriander	Peppermint
Cinnamon	Saffron
Ginger (fresh)	Spearmint

Whole Grains:

Barley	Chicory
Oat	Dandelion
Rice	Hibiscus
Rye	Mint
Wheat	

Beverages:

Water (room temp or cool)	Grain coffee
Coconut water	Dandelion "coffee"
Fruit juices (apple, grape, berry, apricot, peach, pear, mango, cherry, pomegranate)	Aloe vera juice

Sweeteners:

Maple Syrup (moderation)
Raw Sugar
Rice Syrup

Nuts & Seeds:

Almonds	Pine Nuts
Flax	Pumpkin seeds
Macadamias	Sunflower seeds

Dairy:

Butter

Cheese (occasionally)

Cottage Cheese

Ghee

Ice Cream

Milk

Rice/Soy Milk

Vegetables:

Alfalfa Sprouts
Artichokes
Asparagus
Bean Sprouts
Beets
Bell Peppers
Bitter Melon
Broccoli
Brussels Sprouts
Cabbage
Carrots
Cauliflower
Celery
Chicory

Chillies, dried
Cilantro
Collard Greens
Corn
Dandelion
Endive
Fennel
Garlic
Ginger
Green Beans
Hot Peppers
Jicama
Kale
Leeks

Lettuce
Mushrooms
Mustard Greens
Onions
Parsley
Peas
Potatoes, baked
Radishes
Seaweed
Snow Peas
Spinach
Swiss Chard
Turnips
Watercress

Fruit:

Apples
Blueberries
Dried Fruit (all)
Grapefruit
Lemons, Limes
Papayas

Pears
Pomegranates
Raspberries
Strawberries
All Berries

Dairy:

Ghee (moderation)
Low Fat yogurt (moderation)

Rice/Soy milk
Goat milk

Oils:

Flax
Hemp

Sunflower
Coconut Oil

Sweeteners

Honey - Raw, local is best
Maple Syrup
Molasses

Herbs & Spices

Anise
Asafoetida
Basil
Bay Leaf
Black Pepper
Chamomile

Caraway
Cardamom
Cayenne
Cinnamon
Clove
Coriander

Cumin
Dill
Fennel
Fenugreek
Garlic
Ginger

Horseradish
Marjoram
Mustard
Nutmeg
Oregano

Peppermint
Poppy Seeds
Rosemary
Saffron
Sage

Spearmint
Thyme
Turmeric

Condiments

Carob
Pickles

Beans & Legumes

All Sprouted Beans
Adzuki
Black
Gram
Garbanzo
Fava

Kidney
Lentils
Lima
Mung
Split Pea

Meat & Fish

Chicken
Duck (moderation)
Eggs (moderation)
Freshwater fish

Lamb (moderation)
Ocean fish (moderation)
Turkey

Nuts & Seeds

Pine nuts
Pumpkin seeds

Sunflower seeds

Whole Grains

Amaranth
Barley
Buckwheat
Corn
Millet

Oats, dry
Quinoa
Rice, Brown, long grain
Rye Alfalfa

Herbal Teas

Cardamom
Chicory
Cinnamon
Cloves
Dandelion

Ginger
Hibiscus
Orange Peel
Strawberry Leaf

Beverages

Black Tea (moderation)
Coffee (moderation)

Water (room temp. to hot)