

Late Winter/Spring Shopping list

Vegetables:

Alfalfa Sprouts	Chillies, dried	Lettuce
Artichokes	Cilantro	Mushrooms
Asparagus	Collard Greens	Mustard Greens
Bean Sprouts	Corn	Onions
Beets	Dandelion	Parsley
Bell Peppers	Endive	Peas
Bitter Melon	Fennel	Potatoes, baked
Broccoli	Garlic	Radishes
Brussels Sprouts	Ginger	Seaweed
Cabbage	Green Beans	Snow Peas
Carrots	Hot Peppers	Spinach
Cauliflower	Jicama	Swiss Chard
Celery	Kale	Turnips
Chicory	Leeks	Watercress

Fruit:

Apples	Pears
Blueberries	Pomegranates
Dried Fruit (all)	Raspberries
Grapefruit	Strawberries
Lemons, Limes	All Berries
Papayas	

Dairy:

Ghee (moderation)	Rice/Soy milk
Low Fat yogurt (moderation)	Goat milk

Oils:

Flax	Sunflower
Hemp	Coconut Oil

Sweeteners

Honey - Raw, local is best
Maple Syrup
Molasses

Herbs & Spices

Anise	Bay Leaf	Caraway
Asafoetida	Black Pepper	Cardamom
Basil	Chamomile	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)