

Autumn/Early Winter Shopping list

Vegetables:

Artichokes, hearts	Eggplant, cooked	Potatoes, mashed
Avocadoes	Garlic	Pumpkins
Beets	Ginger	Seaweed, cooked
Brussels Sprouts	Hot Peppers	Squash, Acorn
Carrots	Leeks	Squash, Winter
Chilis	Okra	Sweet Potatoes
Corn	Onions	Tomatoes
Fennel	Parsley	Turnips

Oils:

Almond	Olive
Avocado	Peanut
Canola	Safflower
Coconut	Sesame
Flax	Sunflower
Mustard	

Fruits:

Apples, cooked	Grapefruit	Pears, ripe
Apricots	Grapes	Persimmons
Bananas	Guava	Pineapples
Blueberries	Lemons	Plums
Cantaloupe, with lemon	Limes	Prunes (soaked)
Cherries	Mangoes	Raising (soaked or cooked)
Coconuts, ripe	Nectarines	Strawberries
Cranberries, cooked	Oranges	Tangerines
Dates	Papayas	
Figs	Peaches	

Meat & Fish

Beef	Fish, freshwater & ocean	Shrimp
Chicken	Lamb	Turkey
Crabs	Lobster	Venison
Duck	Oysters	
Eggs	Pork	

Spices:

Anise	Caraway	Clove
Asafetida	Cardamom	Coriander
Basil	Cayenne	Cumin Dill
Bay Leaf	Chamomile	Fennel
Black Pepper	Cinnamon	Fenugreek

Garlic
Ginger
Horseradish
Marjoram
Mustard
Nutmeg

Oregano
Peppermint
Poppy Seeds
Rosemary
Saffron
Sage

Spearmint
Tarragon
Thyme
Turmeric

Condiments:

Carob
Dulse
Fermented foods
Lemon or Lime

Mayonnaise
Pickles
Salt
Vinegar

Nuts & Seeds:

Almonds
Brazil Nuts
Cashews
Filberts
Flax seeds

Macadamias
Peanuts, raw
Pecans
Pine nuts
Pistachios

Pumpkin seeds (pepitas)
Sunflower seeds
Walnuts

Dairy

Butter
Buttermilk
Cheese
Cottage cheese

Cream
Ghee
Kefir, not cold
Non-Dairy substitutes

Sour Cream
Yogurt

Sweeteners

Honey - Raw
Jaggery
Maple Syrup

Molasses Sugar, Raw
Rice Syrup

Legumes

Mung – split, yellow
Tofu

Beverages:

Alcohol (moderation)
Black Tea (moderation)
Coffee (moderation)
Water (warm or hot)

Herb Teas

Cardamom
Chamomile
Cinnamon

Cloves
Ginger
Orange Peel

Whole Grains

Amaranth
Buckwheat
Millet (moderation)
Oats
Quinoa

Rice
Rice, Brown
Rye (moderation)
Wheat