

Acne Safe Grocery List



Meat/Protein

- Fish (wild or organic salmon, cold water fish like anchovies, sardines, or herring)
- Organic/Free-Range Chicken & Turkey
- Grass-fed Beef & Bison
- Natural, Organic Lamb & Pork
- Organ Meats, liverwurst
- Chickpea Tofu

Whole Grains

- Brown rice, wild rice
- Quinoa
- Rolled or Steel-Cut Oats (gluten-free)
- Buckwheat
- Millet
- Gluten Free Bread (favs are Bread SRLY, Barely Bread, Schar)
- Gluten Free Pasta
- Soba Noodles

Beans/Legumes

- Lentils (all colors)
- Kidney Beans
- Pinto Beans
- White Beans
- Garbanzo Beans/Chickpeas
- Black Beans
- Split Peas
- Aduki Beans

Crackers/Chips

- Brown rice crackers
- Nut crackers
- Blue corn chips in small amounts (with sea salt)
- Brown rice chips
- Grain free chips/snacks (like Siete brand)

Fats, Oils, & Butters

- Avocado
- Extra virgin olive oil (organic/cold-pressed)
- Flaxseed oil (cold-pressed)
- Avocado oil (cold-pressed)
- Walnut oil (cold-pressed)
- Coconut oil (cold-pressed)
- Miyoko's Cultured Vegan Butter
- Kite Hill Plant Based Butter

Seasonings, Spices/Herbs

- Uniodized, Himalayan Pink Salt or Sea Salt
- Parsley
- Basil
- Cayenne
- Pepper
- Caraway
- Mustard
- Seeds
- Cardamom
- Cilantro
- Vanilla
- Saffron
- Bay Leaf
- Thyme
- Sage
- Rosemary
- Dill
- Fennel

Condiments

- Salsa
- Natural Organic Mustard
- Mayonnaise, made with olive oil or avocado oil (not canola oil)
- Ketchup, low sugar
- Vinegar: apple cider, rice and red wine; unfiltered
- Balsamic Vinegar
- Raw Hummus, made with olive oil
- Pesto, dairy free
- Tahini
- Horseradish
- Sauerkraut
- Coconut aminos (soy sauce substitute)
- Tamari (GF soy sauce)
- Olives

Acne Safe Grocery List



Vegetables

- | | | |
|--|---|---|
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Bitter Greens: arugula, endive, radicchio, fennel, dandelion greens | reishi, maitake, white, oyster |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Jicama | <input type="checkbox"/> Sweet potatoes, Yams |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Carrots | <input type="checkbox"/> White potatoes (in moderation) |
| <input type="checkbox"/> Brussel Sprouts | <input type="checkbox"/> Zucchini | <input type="checkbox"/> Plantains |
| <input type="checkbox"/> Cabbage | <input type="checkbox"/> Summer Squash | <input type="checkbox"/> Acorn Squash |
| <input type="checkbox"/> Celery | <input type="checkbox"/> Green Beans | <input type="checkbox"/> Butternut Squash |
| <input type="checkbox"/> Cucumber | <input type="checkbox"/> Sugar Snap Peas | <input type="checkbox"/> Kabocha Squash |
| <input type="checkbox"/> Collards | <input type="checkbox"/> Peppers | <input type="checkbox"/> Spaghetti Squash |
| <input type="checkbox"/> Swiss Chard | <input type="checkbox"/> Radishes | <input type="checkbox"/> Pumpkin |
| <input type="checkbox"/> Kale | <input type="checkbox"/> Artichoke | |
| <input type="checkbox"/> Spinach | <input type="checkbox"/> Mushrooms: shiitake | |
| <input type="checkbox"/> Lettuce: romaine, spring mix, butter lettuce | | |

Tips:

- Aim for 5-6 servings of vegetables daily
- Buy enough to have a vegetable with each meal
- If it doesn't have a peel, buy organic
- Eat foods from every color of the rainbow
- Try a new vegetable every week
- Skip the "super greens" (Spirulina, Chlorella, Algae, Seaweed, Kelp, etc.)

Fruit

- | | | | |
|---------------------------------------|-------------------------------------|----------------------------------|-------------------------------------|
| <input type="checkbox"/> Strawberries | <input type="checkbox"/> Cherries | <input type="checkbox"/> Plums | <input type="checkbox"/> Grapefruit |
| <input type="checkbox"/> Blueberries | <input type="checkbox"/> Pears | <input type="checkbox"/> Papaya | <input type="checkbox"/> Oranges |
| <input type="checkbox"/> Raspberries | <input type="checkbox"/> Apples | <input type="checkbox"/> Bananas | <input type="checkbox"/> Coconut |
| <input type="checkbox"/> Blackberries | <input type="checkbox"/> Nectarines | <input type="checkbox"/> Lemons | <input type="checkbox"/> Mangos |
| <input type="checkbox"/> Kiwi | <input type="checkbox"/> Peaches | <input type="checkbox"/> Limes | <input type="checkbox"/> Grapes |

Tips:

- Aim for 2-3 servings of fruit daily
- If it doesn't have a peel, buy organic
- Eat organic berries when in season
- Minimize consumption of: Pineapple, Melons & Dried Fruits

Sweeteners

- Stevia (Sweet Leaf Drops is my personal favorite!)
- Raw Honey, local is best
- Coconut Sugar
- Monk Fruit
- Dates
- 100% Pure Maple Syrup (Grade B)
- Dark Chocolate (80% Cacao & up)
- Cacao Powder or Nibs

Nuts, Seeds & Nut Butters

- | | |
|---|--|
| <input type="checkbox"/> Almonds | <input type="checkbox"/> Pumpkin Seeds |
| <input type="checkbox"/> Walnuts | <input type="checkbox"/> Chia Seeds |
| <input type="checkbox"/> Macadamia Nuts | <input type="checkbox"/> Flax Seeds |
| <input type="checkbox"/> Hazelnuts | (ground only) |
| <input type="checkbox"/> Pecans | <input type="checkbox"/> Hemp Hearts |
| <input type="checkbox"/> Cashews | <input type="checkbox"/> Almond Butter |
| <input type="checkbox"/> Brazil Nuts | <input type="checkbox"/> Cashew Butter |
| <input type="checkbox"/> Pistachios | <input type="checkbox"/> Pecan Butter |
| <input type="checkbox"/> Sesame seeds | <input type="checkbox"/> Walnut Butter |

Acne Safe Grocery List



Beverages

- Filtered water
- Sparkling Water
- Lightly flavored sparkling water, like Spindrift
- Unsweetened Coconut Water
- Kombucha
- Green Tea, Oolong Tea, Black Tea
- Matcha, with dairy/soy free milk
- Herbal Teas, such as Chamomile, Peppermint, etc.
- Dandelion Root Tea
- Coffee (In moderation & with acne safe sweeteners/creamers)

Dairy Substitutes

Milk

- Malk Organics (almond & oat milk)
- Califia Farms Plant Milks (almond, coconut & oat)
- Forager Project Plant Milks (cashew, coconut & oat)
- Three Trees (almond & pistachio)
- Milkadamia Macadamia Milk
- Blue Diamond Almond Breeze
- Kirkland Almond Milk

Coffee Creamers

- NutPods
- Oatly Barista Edition Oatmilk Creamer
- Coffee-Mate Natural Bliss Plant Based Creamers (almond, coconut & oat)
- Califia Farms Creamers (all types)
- So Delicious Dairy Free Creamers (oat & coconut)

Ice Cream

- So Delicious Dairy Free (cashew, oat, almond & coconut)
- Halo Top Dairy Free
- Cado Ice Cream
- Oatly Frozen Desserts
- Haagen Dazs Non-Dairy
- NadaMoo!
- CoolHaus Dairy Free

Yogurt

- Culina
- Coconut Cult
- So Delicious Dairy Free (oat & coconut)
- Chobani Coconut Milk
- Kite Hill Almond, Greek & Coconut Milk
- CoYo Coconut
- Forager Cashew Milk
- Trader Joe's Cashew

Cheese

- Parmela Creamery
- Daiya
- Kite Hill Almond Milk Ricotta
- Violife Cheeses
- Siete Blanco Cashew Queso
- Nooch It! Grated "Parm" Cashew Cheeze
- Miyoko's Organic
- Cashew Milk Mozzarella
- Trader Joe's non-dairy cheeses

Butter

- Milkadamia Buttery Spread
- WayFare Dairy-Free Butter
- Melt Organic Butter

Tip:

Be sure that whatever alternative you choose does not contain soy!