

Healthy Eating GROCERY LIST



FRUITS

Aim for 2-3 servings per day. Follow the Dirty Dozen and Clean Fifteen when choosing organic www.ewg.org

- Apples
- Avocado
- Bananas
- Berries (blackberry, blueberry, strawberry, raspberry)
- Cherries
- Figs (fresh)
- Grapes
- Grapefruit
- Jackfruit
- Kiwis
- Lemons/Limes
- Mango
- Melons - watermelon, honeydew, cantaloupe
- Olives
- Oranges
- Peaches
- Pears
- Pomegranate

VEGETABLES

Aim for 5-7 servings each day. Follow the Dirty Dozen and Clean Fifteen when choosing organic www.ewg.org.

- Artichokes
- Asparagus
- Beets
- Bell peppers
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery

- Corn
- Cucumbers
- Eggplant
- Garlic
- Leeks
- Onions
- Potato
- Pumpkin
- Sea vegetables (nori, kelp)
- Spinach
- Sprouts
- Squash (spaghetti, butternut)
- Sweet potato
- Tomato
- Yams
- Zucchini

LEAFY GREENS

These can be steamed, eaten raw or blended up into a smoothie

- Arugula
- Beet greens
- Bok choy
- Kale
- Romaine
- Spinach
- Swiss chard
- Watercress
- Wheatgrass

MUSHROOMS AND FUNGI

- Button
- Chanterelle
- Crimini
- Enoki
- Oyster
- Portabella
- Shiitake
- Truffles

LEGUMES

Fresh or dried is best, but canned legumes are great in a pinch.

- Adzuki beans
- Black beans
- Black eyed peas
- Cannellini (white) beans
- Chickpeas
- Edamame
- Fava beans
- Green beans
- Green and yellow peas
- Kidney beans
- Lentils (red, yellow, puy)
- Mung beans
- Navy beans
- Pinto beans
- Snow and sugar snap peas
- Split peas

WILD CAUGHT FISH (NO FARM RAISED)

- Anchovies
- Cod
- Haddock
- Halibut
- Mackerel
- Red Snapper
- Salmon
- Trout

ORGANIC/PASTURE-RAISED/ GRASS-FED MEATS

- Beef
- Bison
- Chicken
- Elk, Venison
- Lamb
- Turkey

GRAINS (INCLUDING BREAD AND PASTA)

- Amaranth
- Barley
- Buckwheat*
- Bulgur
- Cornmeal/polenta*
- Millet*
- Kamut
- Oats*
- Quinoa*
- Rye
- Rice* - brown/wild
- Shirataki/konjac noodles*
- Sprouted and whole grain, sourdough, or spelt bread

FLOURS

- Almond* (flour and meal)
- Buckwheat*
- Coconut*
- Oat*
- All-purpose gluten-free flour*
- Sprouted spelt
- Whole wheat

DAIRY, EGGS AND DAIRY SUBSTITUTES

- Almond milk
- Oat milk
- Cashew milk
- Coconut milk, yogurt
- Goat milk, cheese
- Greek yogurt
- Hemp milk
- Organic eggs
- Organic cow's milk, cheese
- Rice milk
- Soy milk
- Tempeh
- Tofu

BUTTER AND OILS

Choose healthy polyunsaturated fats and focus on omega 3/6 fatty acids

- Avocado oil
- Grass-fed butter
- Camelina oil
- Coconut oil
- Extra virgin olive oil
- Flaxseed oil
- Ghee or clarified butter
- Grapeseed oil
- MCT oil
- Pumpkin seed oil
- Truffle oil
- Sesame oil
- Walnut oil

NUTS, SEEDS AND BUTTERS

Ideally unsalted, raw nuts and seeds

- Almonds
- Brazil nuts
- Cashews
- Chia seeds
- Flax seeds
- Hazelnuts
- Hemp seeds
- Peanuts
- Pecans
- Pine nuts
- Pistachios
- Pumpkin seeds
- Sesame seeds/tahini
- Sunflower seeds
- Walnuts
- Tiger nuts

CONDIMENTS AND SAUCES

- Agar agar
- Curry paste
- Guacamole
- Harissa
- Hummus
- Mustard
- Salsa
- Sambal olek (chili paste)

- Soy sauce, tamari, or liquid aminos
- Sun dried tomatoes
- Tomato sauce, paste
- Vinegars – apple cider, balsamic, red wine, white wine, regular white

HERBS, SPICES AND OTHER SEASONINGS

- Bay leaf
- Basil
- Cayenne pepper
- Cinnamon
- Dill
- Fennel seeds
- Garlic powder
- Ginger
- Kala namak salt (to add egg flavor)
- Nutmeg
- Nutritional yeast
- Oregano
- Parsley
- Paprika
- Red pepper flakes
- Rosemary
- Salt – sea, pink Himalayan
- Sage
- Thyme
- Turmeric
- Black pepper, whole peppercorns

FERMENTED FOODS

- Kefir
- Tempeh
- Kombucha
- Miso
- Kimchi
- Sauerkraut

SWEETENERS

- Applesauce
- Coconut sugar and nectar
- Dates and other dried fruit
- Maple or birch syrup
- Monk fruit

- Molasses
- Organic cane sugar
- Raw honey
- Stevia

BAKING GOODS

- Baking powder (aluminum-free)
- Baking soda
- Cacao nibs and powder
- Dark chocolate chips
- Flours (as listed)

BEVERAGES

- Filtered/spring water
- Coconut water
- Cold pressed juice
- Fair trade coffee
- Herbal and black teas

SNACKS

Always focus on whole foods and homemade snacks. Keep premade snacks a minimum.

- Cheese (vegan or other) for spreads on gluten-free crackers or veggies
- Traditional rye crackers
- Dark chocolate
- Energy bites
- Fermented whole food and protein nutrition bars
- Nori seaweed snacks
- Popcorn
- Protein powder (whey or vegan blend)

OTHER

- Stock and broth – vegetable, chicken, beef
- Frozen fruits (berries) and vegetables (broccoli, cauliflower, corn, peas, spinach)

FOUNDATION SUPPLEMENTS

- Collagen
- Magnesium
- Multivitamin
- Omega-3 oil
- Probiotics
- Vitamin C
- Vitamin D
- Greens, proteins and other whole food supplements

Note: Food choice selections depend on specific dietary preferences and restrictions. Always purchase quality products.

**Gluten-free grain. Always check the product label to confirm.*

Notes:

