

Grocery List

Using Food as Medicine!

Protein

- Ostrich Fan, pearl, tender, or ground
- Buffalo Steak Beef Steak (tenderloin or Rib eye)
- Beef/ Back Bacon (Grass Fed/Organic)
- Breakfast Sausage (Nitrate Free beef, chicken, ostrich or buffalo)
- Pecans
- Walnuts
- Hemp seed
- Cashews
- Pine Nuts
- Dream protein powder
- Wild Salmon (frozen or fresh)
- Prawns (frozen)
- Scallops (frozen)
- Solid White Tuna (Oceans canned Albacore in water) 1-2 cans per month!
- Kipper Filets in brine (John West Naturally Smoked)



Sauces, Spices & Condiments

- Organic Extra Virgin Olive oil
- Bragg all purpose seasoning liquid soy
- Balsamic Vinegar
- Apple Cider Vinegar (Bragg Raw & Unfiltered)
- Organic Genmai Miso Paste- Brown Rice source
- Butter- organic, with no added coloring
- Coconut Oil (Omega Nutrition - solid at room temp.)
- Powdered Tumeric,
- Curry Spices
- Thyme (whole)
- Basil (dired)
- Cumin
- Cayenne
- Himalayan Crystalized Salt (Jeveda)
- Certified organic Green Tea
- Greens First (Doctor's Choice)
- Red Alert (Doctors Choice)



Vegetables

- Purple/yellow Onion, Green onions
- Carrots (eat raw!)
- Leek
- Broccoli
- Celery
- Cauliflower
- Ginger root
- Snow peas
- Brussels sprouts
- Kale/ Rainbow/ Swiss Chard
- Spinach
- Cucumber
- Yiccamah



Fruits

- Lemons
- Blackberry, blueberry, raspberry frozen mix (costco)
- Avocado, Olives

Grains

- Steel Cut or Whole Oats
- Sprouted Bread by Silver Hills Bakery

For the sweet tooth

- 85 % Cocoa Dark Chocolate (Lindt)
- Stevia liquid extract or granules or Xylitol
- Coconut Milk canned (organic)



Organic, Herbicide & Pesticide Free

Organic vegetables and fruits are often a great choices avoiding high levels of sprayed pesticides and herbicides. Here is a list of the most heavily sprayed crops:

Fruit

1. Peaches
2. Apples
3. Strawberries
4. Nectarines

5. Pears
6. Cherries
7. Red Raspberries
8. Imported Grapes

Vegetables

1. Spinach
2. Bell Peppers
3. Celery
4. Potatoes
5. Hot Peppers

These foods tend to be lower in pesticide levels

Fruits

1. Pineapples
2. Plantains
3. Mangoes
4. Bananas
5. Watermelon
6. Plums
7. Kiwi Fruit
8. Blueberries
9. Papaya
10. Grapefruit

11. Avocado

Vegetables

1. Cauliflower
2. Brussels Sprouts
3. Asparagus
4. Radishes
5. Broccoli
6. Onions
7. Okra
8. Cabbage
9. Eggplant

