

# Grocery List

*Food as our Medicine, and Medicine as our Food*

## Protein

- Ostrich Fan, pearl, tender, or ground
- Buffalo Steak Beef Steak (tenderloin or Rib eye)
- Beef/ Back Bacon
- 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 (Scarpone's)
- Apple Cider Vinegar (Bragg Raw & Unfiltered)
- Organic Genmai Miso Paste- Brown Rice source
- Butter- organic, unsalted with no added colouring (Sylvan Star)
- 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
- Hiccamah



**Fruits**

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

**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 choice 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

