Snopping Lis	τ			
Vegetables		Fruit Fresh or frozen only, organic if possible.		Lean Protein Sources <i>Note: Select organic, free-range, antibiotic-free,</i>
Purchase twice as many veggies as fruit—				
fresh or frozen only, organic if possible.		□Apples	☐ Limes	and hormone-free protein sources if possible—no
□Artichokes	☐ Kohlrabies	☐ Apricots, raw	Loganberries	cured, smoked, or luncheon meats
□Arugula	□ Leeks	☐ Avocados	Mangos	☐ Chicken ☐ Fish
□Asparagus	Lettuce (red and green)	Bananas	Mulberries	Other lean meat
☐ Bamboo shoots	□Mushrooms	☐ Blackberries	Nectarines	Oils
☐ Bean sprouts	☐ Mustard greens	☐ Blueberries	Oranges	☐ Coconut oil
☐ Beet greens	□Okra	Cantaloupe	Papayas	☐ Extra-virgin olive oil
☐ Beets, red	Onions	☐ Cherries	Peaches	☐ Fish oil
□ Bok choy	Oyster plant	Cranberries	Pears	☐ Flaxseed oil (Keep refrigerated, do not heat)
☐ Broccoli or	□ Parsley	☐ Figs	Pineapple	Grape seed oil
brocciflower	Peppers (any color)	☐ Grapefruit	□ Plums	Other
□Brussels	☐ Pimentos	☐ Grapes	Pomegranates	
sprouts	□ Radicchio	☐ Guavas	Raspberries	☐ Fresh herbs, spices, and accents
Cabbage (all types)	□ Radishes	☐ Honeydew	☐ Rhubarb	
□ Carrots	□Romaine	melon	Strawberries	
□ Cauliflower	□ Sea vegetables	☐ Kiwis	□ Tangerines	
□ Celery	□ Spinach	☐ Kumquats	☐ Tomatoes	
□ Chicory	□Squash	Lemons		
☐ Chives	(acorn, butternut, spaghetti)			-
□ Collard greens	☐String beans		Brown Rice	
□ Cucumbers	☐ Sweet potatoes	Lentils		
■ Dandelion greens	☐ Swiss chard	☐ Brown rice		
□ Eggplant	□Turnips	☐ Wild rice		
■ Endive	☐ Water chestnuts			
□Escarole	□Watercress	Beverages		
□ Garlic	□Yams	Spring water		
□Kale	□Zucchini			
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