



Dr. Group's Shopping List

PICK ORGANIC, EAT A RAINBOW OF PRODUCE, & GO RAW

Vegetables

- Spinach
- Kale
- Collard Greens
- Broccoli
- Cucumber
- Arugula
- Asparagus
- Brussels Sprouts
- Cauliflower
- Cabbage
- Parsnips
- Leeks
- Celery
- Radishes
- Sweet Potatoes
- Onions
- Garlic
- Scallions
- Eggplant
- Carrots
- Bell Peppers
- Beets & Beet Greens
- Zucchini
- Pumpkin
- Butternut Squash
- Leafy Salad Greens
- Watercress
- Microgreens
- Sprouted Greens
- Swiss Chard

Other

- Kimchee
- Sauerkraut
- Wheatgrass
- Aloe

Fruits

- Blueberries
- Cranberries
- Blackberries
- Raspberries
- Oranges
- Lemons
- Limes
- Passion Fruit
- Peaches
- Cherries
- Plums
- Mulberries
- Coconut
- Jujube
- Persimmon
- Mangosteen
- Nectarines
- Apples
- Pears
- Grapefruit
- Bananas
- Melon
- Honeydew
- Avocado
- Tomatoes
- Watermelon
- Kiwi
- Figs
- Papaya
- Pomegranate

Sweeteners

- Raw Honey
- Stevia Leaf
- Monkfruit

Nuts & Seeds

No More Than 4 oz Daily

- Chia Seeds
- Sesame Seeds
- Sunflower Seeds
- Macadamia Nuts
- Flaxseed
- Hempseed
- Pumpkin Seeds
- Pecans
- Walnuts
- Pine Nuts
- Brazil Nuts
- Hazelnuts
- Pistachios
- Almonds

Healthy Oils

No More Than 1 oz Daily

- Extra Virgin Olive Oil
- Avocado Oil
- Flaxseed Oil
- Sesame Oil
- Walnut Oil
- Coconut Oil
- Grapeseed Oil

Beverages

- Distilled Water
- Green Tea
- Hibiscus Tea
- Jasmine Tea
- Herbal Tea
- Organic Coffee
- Nut Milks
- Kombucha
- Fresh Pressed Fruit Juice
- Fresh Pressed Green Juice