



## Ultimate Healthy Healing Grocery Shopping List

Fibrous Carbohydrates		Lean Proteins		Starchy Carbohydrates	
Artichoke		<b>Organic/Grass Fed</b>		Beans	
Arugula		Beef		Brown Rice/Wild Rice	
Asparagus		Bison		Quinoa	
Avocados		Chicken		Sweet Potato	
Beets/Beet Greens		Duck		Squash	
Bell Peppers		Eggs		Yams	
Bok choy		Lamb		<b>Dairy Raw or Low Temperature</b>	
Broccoli/Cauliflower		Turkey		A2 Cow's Milk	
Brussels sprouts		Quail/Game Meats		A2 Cow's Cheese	
Cabbage		Venison/Game Meats		A2 Cow's Amasai	
Carrots		<b>Fish Wild Caught</b>		Goats Milk	
Celery		Anchovies		Goats Cheese	
Collard greens		Bass		Kefir Cultured Goats Milk	
Cucumbers		Cod		Sheep Cheese	
Eggplant		Grouper		Sheep Yogurt	
Garlic		Haddock		Any Other Raw Dairy	
Green Beans		Halibut		<b>Nuts And Seeds</b>	
Kale		Herring		Almonds	
Mushrooms		Mackerel		Brazil Nuts	
Olives		Mahi Mahi		Chia Seeds	
Onions		Red Snapper		Flax Seeds	
Parsnips		Salmon		Hemp Seeds	
Peppers (All Kinds)		Sardines		Hazlenuts	
Pumpkins		Seabass		Macadamia	
Radish		Trout		Pecans	
Romaine Lettuce		Tuna		Pine Nuts	
Sea Vegetables		Walleye		Pistachios	
Spinach		<b>Fats/Oils</b>		Pumpkin Seeds	
Tomatoes		Avocado Oil		Sesame Seeds	
Turnip		Almond Oil		Walnuts	



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Watercress		Butter (Grass Fed)		Nut Butters/No Peanuts	
Wheat Grass		Coconut Oil/Milk		Seed Butters	
<b>Fruit</b>		Ghee		<b>Condiments</b>	
Blackberries		Grapeseed Oil		Apple Cider Vinegar	
Blueberries		Macadamia Oil		Balsamic Vinegar	
Cranberries		Olive Oil		Cocoa	
Goji Berries		Sesame Oil		Extracts Vanilla /Almond	
Raspberries		Palm Oil		Guacamole	
Strawberries		Walnut Oil		Hummus	
African Mango		<b>Spices &amp; Herbs</b>		Mustard Stone Ground	
Apple		Basil		Mayo Grapeseed Oil	
Apricot		Black Pepper		Salsa	
Banana		Cayenne Pepper		Sea Salt	
Cantaloupe		Chili Pepper		Honey	
Cherries		Cilantro		Stevia	
Coconut		Coriander Seeds		<b>Beverages/Other</b>	
Figs		Cinnamon		Almond Milk	
Grapefruit		Cloves		Coconut Kefir	
Grapes		Cumin		Coconut Milk	
Lemon		Dill		Herbal Teas	
Lime		Fennel		Kombucha	
Mango		Garlic		Raw Vegetable Juices	
Nectarine		Ginger		Spring Water/Filtered	
Orange		Mint		<b>Other Needs</b>	
Papaya		Mustard Seeds		Wine	
Peaches		Nutmeg		Dark Chocolate	
Pears		Oregano		Greens Powder	
Pineapple		Paprika		Multi Vitamin	
Plums		Parsley		Omega 3 Fish Oils	
Pomegranate		Peppermint		Whey Protein Powder	
All Other Fruits		All Other Herbs & Spices		<a href="http://CompleteHealthDevelopment.com">CompleteHealthDevelopment.com</a>	