

Spring Grocery List

(march through june)

Vegetables

*Alfalfa sprouts
*Artichokes
*Asparagus
*Bean Sprouts
Beets
*Bell peppers
*Bitter melon
Broccoli
*Brussels Sprouts
*Cabbage
*Carrots
*Cauliflower
*Celery
*Chicory
*Chilies, dried
Cilantro
*Collard Greens
*Corn
*Dandelion
*Endive
Fennel
*Garlic
Ginger
*Green Beans
*Hot peppers
Jicama
*Kale
Leeks
*Lettuce
*Mushrooms
*Mustard greens
*Onions
*Parsley
*Peas
*Potatoes, baked
*Radishes
Seaweed
Snow peas
*Spinach
*Swiss chard
*Turnips
*Watercress

Fruits

Blueberries
*Dried fruit, all
Grapefruit
Lemons, Limes
Papayas
Pears
Pomegranates, sour
Raspberries
Strawberries
All berries

Dairy

Ghee, moderation
Lowfat yogurt, mod
Rice/soy milk
*Goat milk

Oils

Canola
*Corn
Flax
Mustard
Safflower
Soy
Sunflower

Spices

Anise
Asafoetida
Bay leaf
*Black pepper
Chamomile
Caraway
Cardamom
*Cayenne
Cinnamon

Spices

*Clove
Coriander
Cumin
Dill
Fennel
Fenugreek
Horseradish
Marjoram
Mustard
Nutmeg
Oregano
Peppermint
Poppy Seeds
Rosemary
Saffron
Sage
Spearmint
Thyme
Turmeric

Legumes

*All sprouted beans
Adzuki
Black Gram
Garbanzo
*Goya
*Kidney
*Lentils
*Lima
*Mung
Split pea

Nuts & Seeds

Filberts
Pine nuts
Pumpkin
Sunflower

Lean meats & Fish

Chicken
Duck, mod
Eggs, mod
Freshwater
Fish
Lamb, mod
Ocean fish,
mod
Turkey

Grains

Amaranth
Barley
Buckwheat
Corn
Millet
Oats, dry
Quinoa
Rice, brown
Rye

Sweeteners

*Honey, raw
Maple syrup
Molasses

moderation:
black tea
coffee

water, room
temp to hot

***Eat more foods that are pungent (spicy), bitter, astringent, light, dry, and warm: such as flavorful steamed veggies, brothly soups, brown rice.**

***Eat less foods that are sweet, sour, salty, heavy, cold, oily: such as fried foods, ice cream, and heavy dairy.**