

Summer grocery list

(July through October)

*eat more foods that are sweet, bitter, astringent/cold, heavy, oily: such as salads and fresh fruit.

*eat less foods that are pungent (spicy), sour, salty/hot, light dry: such as spicy foods/ hot drinks.

Vegetables

Alfalfa sprouts
*Artichokes
Avocados
Bean sprouts
*Beet greens
*Bell peppers
*Bitter melon
*Cauliflower
*Broccoli
*Cabbage
Chicory
*Cilantro
Collard greens
Corn
*Cucumbers
*Dandelion
*Eggplant
Endive
*Fennel
Green beans
*Jicama
*Kale
*Lettuce
Mushrooms
*Okra
Parsley
Peas
Pumpkin
*Radishes
(moderation)
*Seaweed
*Snow peas
Spinach
(moderation)
*Squash, acorn
*Squash, winter
Sweet Potatoes
Swiss Chard
Tomatoes
(sweet)
Turnip greens
*Watercress
*Zucchini

Fruits

*Apples
*Apricots
*Blueberries
*Canteloupe
*Cranberries(ripe)
Dates
Dried Fruit
Figs
*Grapes
*Guava
*Mangoes
*Melon (all)
Nectarines
Oranges (sweet)
Papayas
(moderation)
*Peaches
(ripe or peeled)
*Pears
*Persimmons
*Pineapple (sweet)
*Plums (ripe)
*Pomegranates
(sour)
*Raspberries
Tangerines
(sweet)

Dairy

Butter
Cheese
(moderation)
Cottage Cheese
*Ghee
Ice cream
*Milk
*Rice/soy milk

Lean Meat & Fish

Beef (moderation)
Chicken
Duck
(moderation)
Eggs
(moderation)
Freshwater fish
Lamb
(moderation)
Pork
Shrimp
(moderation)
Turkey

Grains

*Barley
Oat
*Rice
Rye
Wheat

Legumes

*Azuki
Bean sprouts
*Black Gram
*Fava
*Garbanzo
Goya
Kidney
Lentils
Lima
*Mung
*Split pea
*Tofu

Sweeteners

Maple syrup
(small amount)
Raw sugar
Rice syrup

Nuts & Seeds

Almonds
*Coconut
Flax
Macadamias
Pinon
*Pumpkin
*Sunflower

Spices

Anise
Asafoetida
*Chamomile
*Coriander
Cumin
Fennel
Peppermint
Saffron
Spearmint

Beverages & Teas

Water
(room temp. or cool)
*Chicory
*Dandelion
*Hibiscus
*Mint

Oils

Almond
Avocado
Canola
Carob
*Coconut
Flax
Mayonnaise
*Olive
*Soy
Sunflower
Ghee