

# Winter grocery list

(November to February)

\*eat more foods that are sweet, sour, salty, heavy, oily, moist, hot.

\*eat less foods that are pungent (spicy), bitter, astringent/light, cold, dry.

## Vegetables

Artichokes  
\*Avocados  
\*Beets  
\*Brussels  
Sprouts  
\*Carrots  
\*Chilies  
Corn  
Fennel  
Eggplant  
\*Garlic  
Ginger  
Hot Peppers  
Leeks  
Okra  
Onions  
Parsley  
Potatoes,  
\*Pumpkins  
Seaweed  
Squash, acorn  
\*Squash, winter  
\*Sweet Potato  
\*Tomato  
Turnips

## Oils

\*Almond  
\*Avocado  
\*Canola  
\*Coconut  
Corn  
\*Flax  
\*Mustard  
\*Olive  
\*Peanut  
\*Safflower  
\*Sesame  
Soy  
Sunflower

## Condiments

Carob  
Chocolate  
Mayonnaise  
Pickles  
\*Salt  
Vinegar

## Fruits

Apples, cooked  
Apricots  
\*Bananas  
Blueberries  
Cantaloupe  
Cherries  
Coconuts  
Cranberries  
\*Dates  
\*Figs  
\*Grapefruit  
\*Grapes  
Guava  
\*Lemons  
\*Limes  
\*Mangoes  
Nectarines  
\*Oranges  
\*Papayas  
Peaches  
Pears  
\*Persimmons  
Pineapples  
Plums  
Strawberries  
\*Tangerines

## Dairy

\*Butter  
\*Buttermilk  
\*Cheese  
\*Cottage cheese  
\*Cream  
\*Ghee  
\*Kefir  
Milk, not cold  
Rice milk  
Soy milk  
Sour Cream  
Yogurt

## Legumes

Mung- split,  
yellow  
Tofu

## Spices

\*Anise  
\*Asafetida  
\*Basil  
Bay Leaf  
\*Black Pepper  
Caraway  
\*Cardamom  
Cayenne  
Chamomile  
\*Cinnamon  
Clove  
Coriander  
\*Cumin  
Dill  
\*Fennel  
Fenugreek  
Garlic  
\*Ginger  
Horseradish  
Marjoram  
Mustard  
Nutmeg  
Oregano  
Peppermint  
Poppy Seeds  
Rosemary  
\*Saffron  
Sage  
Spearmint  
Thyme  
\*Turmeric

## Meat & Fish

\*Beef  
\*Chicken  
\*Crabs  
\*Duck  
\*Eggs  
\*Freshwater fish  
\*Lamb  
\*Lobster  
\*Ocean fish  
\*Oysters  
\*Pork  
\*Shrimp  
\*Turkey  
\*Venison

## Nuts & Seeds

\*Almonds  
\*Brazil nuts  
\*Cashews  
Coconuts  
\*Filberts  
\*Flax  
Lotus Seed  
\*Macadamias  
\*Peanuts, raw  
\*Pecans  
\*Pinons  
\*Pistachios  
Sunflower  
\*Walnuts

## Grains

\*Amaranth  
Buckwheat  
Millet  
\*Oats  
\*Quinoa  
Rice  
\*Rice, brown  
Rye (moderation)  
\*Wheat

## Herbal Teas

\*Cardamom  
\*Chamomile  
\*Cinnamon  
\*Cloves  
\*Ginger  
\*Orange Peel

## Sweeteners

Honey- raw  
\*Maple syrup  
\*Molasses