healthygreenmoms
ideas for living well

Produce

- [ ] Artichokes
- [ ] Apples
- [ ] Apricots
- [ ] Asparagus
- [ ] Avacados
- [ ] Beets
- [ ] Berries
  - ○
  - ○ Blackberries
  - ○ Cranberries
  - ○ Raspberries
  - ○ Strawberries
- [ ] Broccoli
- [ ] Burdock Root
- [ ] Carrots
- [ ] Cauliflower
- [ ] Celery
- [ ] Celery Root/Celeriac
- [ ] Cherries
- [ ] Fennel(bulbs and greens)

Herbs

- ○ Basil
- ○ Chives
- ○ Cilantro
- ○ Dill
- ○ Horseradish
- ○ Lemongrass
- ○ Marjoram
- ○ Mint
- ○ Oregano
- ○ Parsley
- ○ Rosemary
- ○ Sage
- ○ Savory
- ○ Tarragon
- ○ Thyme
- ○ Mint

- [ ] Cabbage(green,purple, red)
- [ ] Garlic (fresh, whole)
- [ ] Ginger (fresh, whole)
- [ ] Grapes (red,organic)
- [ ] Green Beans
- [ ] Jicama
- [ ] Jerusalem Artichoke/Sunchoke
- [ ] Kohlrabi
- [ ] Leeks
- [ ] Lemons
- [ ] Lime

Leafy Greens

- ○ Bok Choy
- ○ Collard
- ○ Dandelion
- ○ Kale
- ○ Mustard
- ○ Purslane
- ○ Spinach
- ○ Swiss Chard
- ○ Turnip

Lettuce

- ○ Arugula
- ○ Butterhead
- ○ Mesculin mix
- ○ Radicchio
- ○ Romain
- ○ Mixed Asian Greens

- [ ] Mangoes
- [ ] Onions
  - ○ Green
  - ○ Red
  - ○ Yellow
- [ ] Mushrooms(Fresh as possible)
  - ○ Maitake
  - ○ Oyster
  - ○ Shitake
- [ ] Okra
- [ ] Peaches/Nectarines
- [ ] Pears
- [ ] Peas
- [ ] Pineapple
- [ ] Plums
- [ ] Pomegranates
- [ ] Pumpkin
- [ ] Radishes
- [ ] Shallots
- [ ] Snap Peas
- [ ] Sweet Potatoes
- [ ] Squash (any variety)
- [ ] Turmeric(fresh, whole)
- [ ] Yams
- [ ] Zucchini

Frozen Foods

Frozen Berries and Vegetables

- ○ Blueberries
- ○ Blackbe avoid carrageenan
- ○ Cranberries
- ○ Raspberries
- ○ Strawberries (organic)
- ○ Peas
- ○ Rhubarb
- ○ Spinach

Meat/Fish

Choose fresh or frozen
to widen your selection

- [ ] Arctic Char
- [ ] Black Cod
  (Sable-fish, Butterfish)
- [ ] Haddock
- [ ] Halibut
- [ ] Mackerel
- [ ] Salmon (fresh/frozen wild)
- [ ] Sardines
- [ ] Smoked Salmon
- [ ] Tilapia
- [ ] Other Fish not prone to contamination or overfishing

Free-Range Organic Poultry

- [ ] Chicken
- [ ] Cornish Hen
- [ ] Duck
- [ ] Emu
- [ ] Ostrich
- [ ] Quail
- [ ] Turkey

Grass-Fed Red Meats

- [ ] Beef
- [ ] Bison
- [ ] Lamb
- [ ] Rabbit
- [ ] Venison

Dairy (Pasture raised animals)

test after one month of dairy free

- [ ] Cheese(raw unprocessed)
- [ ] Eggs(pasture raised organic)
- [ ] Kefir(fermented milk)
- [ ] Milk (raw goat or cow)
- [ ] Yogurt(plain greekstyle)

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Dried fruits
with no added sugar, oils or sulfates
- [ ] Apples
- [ ] Apricots
- [ ] Blueberries
- [ ] Cherries
- [ ] Cranberries
- [ ] Dates
- [ ] Prunes

Packaged Foods
- [ ] Anchovies
- [ ] Artichokes(oil, vinegar free)
- [ ] Beans (best dried or canned-Eden Organic)
  - ○ Adzuki
  - ○ Black
  - ○ Fava
  - ○ Garbanzo
  - ○ Kidney
  - ○ Mung
  - ○ Pinto
  - ○ Romano
- [ ] Broth (Organic) Best to make own Beware "natural flavors"
  - ○ Beef
  - ○ Chicken
  - ○ Vegetable
- [ ] Coconut Milk
- [ ] Olives (in olive oil)
- [ ] Rice Tortilla
- [ ] Salmon (wild sockeye)
- [ ] Sardines (in water/olive oil)

Nuts and Seeds
Unsalted or low-salt; raw or dry roasted. Store in freezer
- [ ] Almond
- [ ] Brazil
- [ ] Macadamia
- [ ] Flax
- [ ] Hazelnut
- [ ] Hemp
- [ ] Pecan
- [ ] Pumpkin
- [ ] Sunflower
- [ ] Walnut
- [ ] Sesame
- [ ] * Any nut butters from above*
- [ ] **Whole Pasta**
  - ○ Bean or Lentil
  - ○ Buckwheat
  - ○ Rice
  - ○ Quinoa

Grains/BreadsCereals/Legumes
Choose whole grain products not whole-wheat products
- [ ] Amaranth
- [ ] Brown Rice
- [ ] Flax Flatbread(gluten-free)
- [ ] Lentils
- [ ] Millet
- [ ] Rolled Oats
- [ ] Peas
- [ ] Quinoa (red or white)
- [ ] Sprouted, Yeast-free Bread
- [ ] Teff

Whole Flours
- [ ] Almond
- [ ] Amaranth
- [ ] Arrowroot
- [ ] Bean(Garbanzo/Romano; avoid Soybean)
- [ ] Buckwheat
- [ ] Quinoa
- [ ] Rice
- [ ] Tapioca

Baking
- [ ] Baking Soda(alum free)
- [ ] Date Sugar
- [ ] Dehydrated Cane Juice
- [ ] Maple Syrup
- [ ] Molasses
- [ ] Natural Vanilla Extract
- [ ] Stevia
- [ ] Xantham Gum(in moderation)

Condiments/Oils
- [ ] Avacado Oil
- [ ] Apple Cider Vinegar
- [ ] Coconut Oil
- [ ] Dijon Mustard
- [ ] Extra Virgin Olive Oil
- [ ] Flax Seed Oil
- [ ] Flaxseed
- [ ] Honey (Raw)
- [ ] Lacto-fermented Veggies
- [ ] Mustard (natural)
- [ ] Poultry Seasoning
- [ ] Salt(pink Himalayan or grey sea)
- [ ] Unpasturized Sauerkraut (sugar/vinegar free)
- [ ] Seasoned Rice Vinegar
- [ ] Sesame Oil
- [ ] Natural Mayo
- [ ] Tahini
- [ ] Basil Pesto
- [ ] Miso (Brown Rice)
- [ ] Walnut Oil
- [ ] Tamari(wheat-free)
- [ ] Roasted Sesame Seed Oil

Spices
- [ ] Allspice
- [ ] Basil(dry)
- [ ] Bay Leaves
- [ ] Cardamom(whole or powder)
- [ ] Chives
- [ ] Cloves
- [ ] Cinnamon
- [ ] Coriander
- [ ] Cumin Seeds
- [ ] Curry
- [ ] Dill Seeds
- [ ] Fennel Seeds
- [ ] Ginger (dry/ground)
- [ ] Mustard Seed(ground/whole)
- [ ] Nutmeg
- [ ] Parsley(dry flakes)
- [ ] Poppy Seed
- [ ] Rosemary(dry)
- [ ] Sage(dry)
- [ ] Thyme(dry)
- [ ] Tumeric(dry/ground)

Seaweeds
- [ ] Arame
- [ ] Dulse
- [ ] Nori
- [ ] Wakame

Beverages
- [ ] Coconut Water
- [ ] Fruit Juice(unsweetened)
- [ ] Pure Water
- [ ] Tea (green or herbal)

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