

## Whole Foods Grocery List

WHOLE GRAINS: \*Asterix indicates quick cooking; main or side dish.

- Amaranth
- Barley
- Brown rice (short grain)
- Buckwheat & Kasha\*
- Cornmeal\*
- Couscous\*
- Cracked Wheat & Bulgur\*
- Kamut
- Millet
- Oats\*
- Pasta (whole grain; brown rice)
- Popcorn
- Quinoa\*
- Rye
- Sourdough Bread
- Spelt
- Wheat berries
- Whole grain flour (baking)

BEANS: and other proteins

- Aduki beans
- Black beans
- Black-eyed peas
- Chick peas  
(garbanzo beans)
- Fava Beans
- Kidney beans
- Lentils
- Lima beans
- Mexican red beans
- Mung beans
- Navy beans
- Pinto beans
- Soy beans  
(edamame)
- Split peas
- Seitan (wheat  
gluten)
- Tempeh
- Tofu

VEGETABLES: Local, seasonal, organic are ideal.

- Alfalfa Sprouts
- Artichoke
- Asparagus
- Beets w/ tops
- Broccoli
- Brussel Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Chard, Swiss
- Collards
- Cob Corn
- Cucumber
- Daikon, Lotus
- Kale
- Kohlrabi
- Leafy greens
- Leeks
- Lettuces
- Onions, all
- Parsley
- Parsnip
- Peas
- Potato
- Radish
- Spinach
- Sprouts, bean
- Squash, all
- String Beans
- Sweet Potato
- Swiss Chard
- Turnip
- Watercress
- Yams

NOTE: Eggplant, tomato, potato & bell peppers, members of the nightshade family, cause allergic problems in some people. Mushroom may cause problems for people with yeast imbalances.

NUTS & SEEDS: Raw, unsalted. They become more digestible, nourishing & tasty after soaking and light pan-toasting.

- Almonds
- Brazil Nuts
- Cashews
- Chestnut
- Coconut (unsulfured)
- Hazelnuts (filberts)
- Macadamia Nuts
- Nut butters (small amounts)
- Pecan
- Pine nuts
- Pistachio
- Poppy seeds
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds
- Walnuts
- Tahini (sesame paste)

NUT BUTTER: small amounts

- Almond butter
- Cashew butter
- Hazelnut
- Pumpkin seed butter
- Sesame seed butter

SEA GREENS: Small amounts to cook with beans or in soups; sprinkle on salads and foods for flavor. Good source of minerals.

- Agar (thickener)
- Arame
- Dulse
- Hiziki
- Kelp
- Kombu
- Nori
- Wakame

Super Green Algae:

- Chlorella
- Spirulina
- Wild blue-green algae

UNREFINED OILS:

As specified on bottle; darker color, sediment on bottom, very flavorful. Avoid over heating oils. Keep refrigerated

\* Specifies unrefined oils

High Heat: up to 510 F

- Avocado oil
- Almond oil
- Apricot Kernel
- Canola (“Super High Heat”)
- Safflower oil (“Super high heat”)
- Sunflower oil
- Palm oil
- Sesame oil

Baking & Sauteeing – medium heat oils up to 425 F

- Canola
- Grapeseed oil
- Walnut oil
- Safflower oil, High Oleic\*
- Coconut oil
- Soybean oil

Light Sauteeing & Sauces

medium heat up to 350 F

- Sesame oil\*
- Peanut oil\*
- Toasted Sesame\*
- Olive\*
- Corn\*
- Coconut\*

Nutrient – NO HEAT:

No direct heat oils:

- Borage oil\*
- Evening Primrose oil\*
- Flax oil\*
- Hemp\* oil
- Wheat Germ\*

MEAT & POULTRY

- Organic fed, free range animals. Grass fed cows; Grain fed poultry

Eggs:

- From organic fed, free range chickens

FRUITS: Local, in season is best. Soak dried fruit overnight in water to improve digestibility

- Apples
- Apricot
- Banana
- Blueberries
- Cantaloupe
- Cherries
- Dates (fresh)
- Figs
- Grapes
- Grapefruit
- Kiwi
- Lemon / Lime
- Melons
- Nectarine
- Orange
- Papaya
- Peach
- Pear
- Pineapple
- Plum
- Prune
- Raisins
- Black / Raspberry
- Strawberries

SWEETENERS:

(small amounts)

- Apple Butter
- Apple Sauce
- Barley Malt
- Brown Rice Syrup
- Carob Powder
- Fruit Juice or Puree
- Honey (raw, unpasteurized)
- Maple Syrup
- Molasses
- Unrefined Sugar (Rapadura)
- Stevia

SEASONINGS: small amounts

- Apple Cider Vinegar
- Chocolate (min.70% cocoa)
- Miso (darker kinds = richer flavor)
- Mustard, Dijon
- Nutritional Yeast
- Brewers Yeast
- Pickles ‘Bubbies’, no vinegar
- Rice Vinegar
- Sauerkraut, ‘Karthein’s’ or ‘Bubbies’, no vinegar
- Sea Salt unrefined rock salt
- Tamari (wheat free)
- Vegetable Stock

BEVERAGES: (drink warm in winter, cooler in summer)

- Almond milk
- Chocolate (dark)
- Dandelion coffee
- Grain coffee
- Green tea
- Herb teas
- Rice Milk
- Rooibos tea
- R.W. Knudsen beverages
- Spring or Glacial water

DAIRY:

Milk:

- Cow - Avalon Dairy
- Goat – Avalon Dairy  
McLennan Creek  
Happy Goat Dairy

Yogurt:

- Cow – Jerseyland Farms  
Saugheen Country
- Goat - McLennan Creek

Cheese:

- Unpasteurized, raw milk cheeses from Goat, Cow or Sheep

FISH:

- Wild vs. farmed