

# Wahls™ Grocery List

Daily  
Intake

3 Servings Leafy Greens • 3 Servings Sulfur • 3 Servings Color

1  
SERVING  
=

2 CUPS RAW LEAFY GREENS

1 CUP COOKED LEAFY GREENS

1 CUP RAW OR COOKED NON-LEAFY  
VEGETABLES AND FRUITS

1/2 CUP DRIED FRUIT

1 CUP JUICE

## Leafy Greens

\* these green leafy vegetables are also sulfur-rich

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> Arugula*                   | <input type="checkbox"/> Mizuna*         | <input type="checkbox"/> Wheatgrass                  |
| <input type="checkbox"/> Beet Greens                | <input type="checkbox"/> Mustard Greens* | <input type="checkbox"/> Other Lettuce (Not Iceberg) |
| <input type="checkbox"/> Bibb Lettuce               | <input type="checkbox"/> Parsley         |  |
| <input type="checkbox"/> Bok Choy*                  | <input type="checkbox"/> Radicchio       |  |
| <input type="checkbox"/> Cilantro                   | <input type="checkbox"/> Radish Leaves   |  |
| <input type="checkbox"/> Collard Greens*            | <input type="checkbox"/> Romaine         |  |
| <input type="checkbox"/> Dandelion Greens           | <input type="checkbox"/> Spinach         |  |
| <input type="checkbox"/> Endive                     | <input type="checkbox"/> Swiss Chard     |  |
| <input type="checkbox"/> Escarole                   | <input type="checkbox"/> Tatsoi*         |  |
| <input type="checkbox"/> Kale*                      | <input type="checkbox"/> Turnip Greens*  |  |
| <input type="checkbox"/> Leaf Lettuce (Red / Green) | <input type="checkbox"/> Watercress*     |  |



## Sulfur

- Asparagus
- Broccoli
- Broccoli Rabe
- Brussels Sprouts
- Cabbage
- Cauliflower
- Chives
- Daikon
- Garlic
- Kohlrabi
- Leeks
- Muhsrooms
- Onions
- Radishes
- Rutabagas
- Scallions
- Shallots
- Turnips

## Green

- Artichoke
- Avocado
- Green Beans
- Celery
- Cucumber (with skin)
- Green Grapes
- Green Kiwi
- Limes
- Honeydew Melon
- Okra
- Green Olives
- Green Peas
- Snow Peas
- Sugar Snap Peas
- Green Pepper
- Zucchini (with skin)

## Red

- Beets
- Cherries
- Cranberries (Fresh / Dried)
- Currants (Fresh / Dried)
- Grapefruit (Red / Pink)
- Red Grapes
- Blood Oranges
- Red Peppers
- Pomegranate
- Red Raspberries
- Rhubarb
- Strawberries
- Red Tomatoes
- Watermelon (Red)



## Blue / Purple / Black

- Aronia Berries
- Blackberries
- Blueberries
- Currants (Fresh / Dried)
- Dates
- Eggplant
- Elderberries
- Purple Figs (Fresh / Dried)
- Black Grapes
- Purple Grapes
- Black Olives
- Plums
- Prunes
- Raisins
- Black Raspberries

## Yellow / Orange

- Apricots (Fresh / Dried)
- Carrots
- Cantaloupe
- Yellow Figs (Fresh / Dried)
- Grapefruit
- Golden Kiwi
- Lemon
- Mango
- Muskmelon
- Nectarine
- Oranges
- Papaya
- Peaches (Fresh / Dried)
- Peppers, orange
- Yellow Peppers
- Pineapple
- Pumpkin
- Golden Raisins
- Spaghetti Squash
- Winter Squash
- Tangerines
- Yellow Tomatoes
- Sweet Potato / Yam



## Organ Meats

- Anchovies
- Brains
- Clams
- Gizzards
- Heart
- Kidney
- Liver (Organic)
- Mussels
- Sardines
- Sweetbreads

## Omega-3 Fish

- Halibut
- Herring
- Mackarel
- Oysters
- Salmon
- Sardines
- Trout
- Tuna

## Other Meat

- Beef
- Buffalo/Bison
- Chicken
- Duck
- Cod
- Tilapia
- Shrimp
- Crab
- Lobster
- Scallops
- Lamb
- Pork
- Bacon
- Veal
- Venison

## Legumes

- Kidney Beans
- Lima Beans
- Chickpeas (Garbanzo)
- Pinto Beans
- Black Beans
- Refried Beans
- Great Northern Beans
- Black-Eyed Peas
- Split Peas
- Lentils
- Peanuts
- Peanut Butter
- Soybeans



## Nuts & Seeds

- Almonds
- Brazil Nuts
- Cashews
- Filberts
- Hazelnuts
- Macadamia Nuts
- Pecans
- Pine Nuts
- Pistachios
- Walnuts
- Chia Seeds
- Flax Seeds
- Pumpkin Seeds
- Sesame Seeds
- Sunflower Seeds

## Fats & Oils

- Avocado Oil
- Extra Virgin Olive Oil
- Flax Oil
- Hemp Oil
- Walnut Oil
- Clarified Butter / Ghee
- Coconut Oil
- Lard
- Sesame Oil
- Sunflower Seed Oil
- Tahini
- Sunflower Butter
- Coconut Butter

## Milk Substitutes

- Coconut Milk
- Almond Milk
- Hazelnut Milk
- Hemp Milk
- Soy Milk
- Rice Milk
- Soy Cheese
- Almond Yogurt
- Coconut Milk Yogurt
- Soy Yogurt

## Sweeteners

- Honey
- Maple Syrup
- Molasses
- Stevia Leaves



## Gluten-Free Grains

- Amaranth
- Buckwheat
- Kimchi
- Grits
- Oats (Gluten-Free)
- Quinoa
- Rice (Brown / Wild)

## Fermented Foods

- Kombucha Tea
- Kvass
- Kimchi
- Sauerkraut
- Pickles
- Coconut Milk Yogurt
- Almond Milk Yogurt

## Seaweed / Algae / Yeast

- Dulse
- Irish Moss
- Nori
- Kelp
- Bladderwrack
- Kombu
- Wakame
- Sea Lettuce
- Chlorella
- Spirulina
- Blue-Green Algae
- Nutritional Yeast

## Condiments

- Coconut Aminos
- Horseradish
- Miso
- Sea Salt
- Tamari (Gluten-Free)
- Wasabi Powder
- Mustard
- Herbs / Spices

## Beverages

- Water
- Coffee
- Tea
- Club Soda
- Beer (Gluten-Free)
- Wine
- Rum
- Tequila

