

JOYCE GERBER'S HEALTHY SHOPPING LIST

*It's always important to do your best to get the organic choices.	Avoid the GMO (genetically modified organisms) products."	I highly recommend a plant based diet.
Protein Rich Grains	Beans	Nuts
☐ Quinoa	☐ Azuki	☐ Almonds (alkalinizing)
☐ Millet	☐ Garbanzo	☐ Walnuts
☐ Amaranth	☐ Split Peas	☐ Pecans
☐ Brown Rice, Wild Rice, Teff, Sorghum, Organic Corn	☐ Navy, Black, Kidney, Lima, Pinto, Lentils, Black-eyed Peas, Fava, Cannelloni, Red, White or Pink	☐ Brazil, Cedar, Cashews, Pine, Hazelnuts or Filberts
☐	☐ Organic Fermented Soybean Products (unpasteurized miso or tempeh)	☐
Sprouted Grain Products	☐	☐
☐ 4:9 Ezekiel Sprouted Breat	☐	Sprouts
☐ Sprouted Manna Bread	Seeds	☐ Lentil, Aduki, Garbanzo, etc.
☐ Gluten free whole grain crackers/chips	☐ Sesame	☐
Nut Butters	☐ Sunflower	Animal Protein** (see p. 4 in food list!)
☐ Almond - Alkalinizing	☐ Pumpkin	Not recommended, but best choices:
☐ Tahini	☐ Chia, Hemp, Flax	☐ Wild caught fish
☐ Cashew	☐	☐ Eggs (high Omega 3, organic)
Starchy:	Sweeteners:	☐ Goat's milk dairy
☐ Squash - Winter such as acorn, butternut, banana	☐ Raw honey, stevia, grade B maple syrup, zylitol, coconut sugar, lo han gun, agave, rice syrup, barley malt, yacon syrup	☐
☐ Potatoes	Vegetables -good raw	Misc: Seaweeds, cultured vegetables, miso, herb/green teas, coffee subst.,vegan cheeses: Daiya, spring water, alkaline water, coconut kefir
☐ Organic non-GMO Corn	☐ Beets	
☐	☐ Arugula	Vegetables - good cooked
Leafy Green	☐ (Carrots, Onion, Cucumber, Bell Peppers, Tomato, Celery, Cabbage, Scallions)	☐ Kale
☐ Spinach	☐	☐ Broccoli
☐ Spring Mix	☐	☐ Cauliflower, Brussel Sprouts, Bok Choy, Cabbage, Turnip, Daikon, Squash, Artichokes
☐ Green/Red Leaf Lettuce, Butter Lettuce, Escarole, Endive	Fruits	Healthy Fats
☐	☐ Lemon	☐ Coconut
Herbs/Spices	☐ Berries	☐ Cold Pressed, Extra Virgin Olive Oil
☐ Garlic	☐ Apples, Pears, Peaches, Nectarines, Melons, Nectarines, Plums, Oranges, Grapes, Cherries	☐ Flax or Walnut
☐ Ginger	"healthy" Ice cream	☐ Sesame
☐ Cayenne, Basil, Cumin, Curry, Tamari, Apple Cider Vinegar, Sea Salt	☐ from coconut, hemp, rice, cashew, almond	☐ Avocado