

## The Juice Lady's Shopping List

*Eat hormone-free meats, local, seasonal, and organic vegetables and fruit when possible. Eat three servings of plants for each serving of animal.*

### Healthful Fats:

- Almonds
- Avocado
- Butter, ghee
- Chia seeds
- Coconut oil
- Filberts
- Flax seeds & oil
- Hazelnuts
- Hemp (oil, seeds)
- Nut & seed butters
- Olive (oil, fruit)
- Pecans
- Pumpkin seeds
- Sesame (oil, seeds, tahini)
- Sunflower seeds
- Walnuts

### Proteins:

#### Meats/Seafood

- Organic or pastured poultry
- Organic farmed or wild fish
- Lamb
- Grass-fed beef

#### Dairy

- Eggs (pastured, organic)
- Organic or raw cheese
- Organic or raw milk
- Organic yogurt, kefir

### Legumes/Legume Products

- Black beans
- Garbanzos (beans, hummus)
- Lentils (green, black, red)
- Pinto beans
- Soy (edamame, tempeh, tofu)
- White beans

### Other

- Nuts & seeds

### Fresh Fruits:

- Apples
- Apricots
- Bananas
- Berries
- Citrus (orange, lemon, lime, grapefruit, etc.)
- Figs
- Grapes
- Mango
- Melons
- Nectarines
- Papaya
- Peaches
- Pears
- Pineapple
- Plums
- Pomegranate
- Rhubarb
- Watermelons

**Booster Foods:**

- Sea vegetables (nori, dulse, arame, hijiki)
- Algae (spirulina, chlorella)
- Nutritional yeast
- Flax, chia, hemp seeds
- Herbs & spices

**Herbs**

- Basil
- Cilantro
- Oregano
- Parsley
- Rosemary
- Sage
- Thyme

**Spices (sweet)**

- Allspice
- Cardamon
- Cinnamon
- Cloves
- Coriander
- Nutmeg

**Spices (savory)**

- Garlic
- Ginger
- Mustard powder
- Peppers (black, cayenne, chili)
- Turmeric