

# *Food Shopping Check-list\**

## *Fruits :*

- |                                     |  |                                     |                                       |
|-------------------------------------|--|-------------------------------------|---------------------------------------|
| <input type="checkbox"/> Apples     | <input type="checkbox"/> Oranges         | <input type="checkbox"/> Grapes     | <input type="checkbox"/> Blueberries  |
| <input type="checkbox"/> Watermelon | <input type="checkbox"/> Cantalope       | <input type="checkbox"/> Tangerines | <input type="checkbox"/> Raspberries  |
| <input type="checkbox"/> Pears      | <input type="checkbox"/> Honey Dew Melon | <input type="checkbox"/> Kiwi       | <input type="checkbox"/> Strawberries |
| <input type="checkbox"/> Peaches    | <input type="checkbox"/> Plums           | <input type="checkbox"/> Nectarines |                                       |

## *Vegetables :*

- |   |   |   |                                      |
|---|---|---|--------------------------------------|
| <input type="checkbox"/> Lettuce          | <input type="checkbox"/> Mixed Greens     | <input type="checkbox"/> Tomatoes**     | <input type="checkbox"/> Spinach     |
| <input type="checkbox"/> Green Peppers**  | <input type="checkbox"/> Yellow Peppers** | <input type="checkbox"/> Red Peppers**  | <input type="checkbox"/> Broccoli    |
| <input type="checkbox"/> Brussels Sprouts | <input type="checkbox"/> Cauliflower      | <input type="checkbox"/> Asparagus      | <input type="checkbox"/> Cabbage     |
| <input type="checkbox"/> Onions           | <input type="checkbox"/> Mushrooms        | <input type="checkbox"/> Cucumbers      | <input type="checkbox"/> Celery      |
| <input type="checkbox"/> Kale             | <input type="checkbox"/> Radishes         | <input type="checkbox"/> Collard Greens | <input type="checkbox"/> Turnips     |
| <input type="checkbox"/> Red Beets        | <input type="checkbox"/> Mustard Greens   | <input type="checkbox"/> Sweet Potatoes | <input type="checkbox"/> Green Beans |
| <input type="checkbox"/> Swiss Chard      | <input type="checkbox"/> Watercress       | <input type="checkbox"/> Artichokes     | <input type="checkbox"/> Eggplant**  |

## *Meats : (only during days 8 thru 21)*

- |  |  |                               |                                  |
|--|--|-------------------------------|----------------------------------|
| <input type="checkbox"/> Chicken (white meat)  | <input type="checkbox"/> Turkey (white meat) | <input type="checkbox"/> Beef | <input type="checkbox"/> Buffalo |
| <input type="checkbox"/> Fish (cold-water fish preferred...Cod, Salmon, Halibut - No farm-raised or lake fish !) |  |                               |                                  |

***\* Use organic vegetables/fruits and organic or free-range meats if available...  
If organic produce is unavailable, then thoroughly wash to remove pesticides  
and other chemicals before consuming...***

***\*\* If you have arthritis, avoid the nightshade family of vegetables...***