

Whole Foods Shopping List

Vegetables

5–6 servings per day. Choose fresh, deeply colored, in season, organically raised, and locally grown.

Brassica Family

- | | | |
|---|---|---|
| <input type="checkbox"/> Arugula | <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Mustard greens |
| <input type="checkbox"/> Bok choy | <input type="checkbox"/> Collards | <input type="checkbox"/> Napa cabbage |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Daikon | <input type="checkbox"/> Radish |
| <input type="checkbox"/> Broccoli sprouts | <input type="checkbox"/> Kale | <input type="checkbox"/> Rutabaga |
| <input type="checkbox"/> Brussels sprouts | <input type="checkbox"/> Kohlrabi | <input type="checkbox"/> Turnip |
| <input type="checkbox"/> Cabbage, red/green | <input type="checkbox"/> Mizuna, rapini | <input type="checkbox"/> Watercress |

Carotene Family

- | | | |
|---------------------------------------|--|---|
| <input type="checkbox"/> Avocado | <input type="checkbox"/> Mesclun salad mix | <input type="checkbox"/> Sweet potato |
| <input type="checkbox"/> Beets | <input type="checkbox"/> Pumpkin | <input type="checkbox"/> Tomatoes, fresh |
| <input type="checkbox"/> Carrots | <input type="checkbox"/> Radicchio | <input type="checkbox"/> Tomato sauce |
| <input type="checkbox"/> Chard, Swiss | <input type="checkbox"/> Red pepper | <input type="checkbox"/> Winter squash (acorn, butternut, delicata, hubbard, spaghetti, turban) |
| <input type="checkbox"/> Corn | <input type="checkbox"/> Romaine lettuce | <input type="checkbox"/> Yam |
| <input type="checkbox"/> Leaf lettuce | <input type="checkbox"/> Spinach | |

Allium Family

- | | |
|---------------------------------|---|
| <input type="checkbox"/> Garlic | <input type="checkbox"/> Onions, red/yellow |
| <input type="checkbox"/> Leeks | <input type="checkbox"/> Scallions |

Other

- | | | |
|------------------------------------|--|---|
| <input type="checkbox"/> Artichoke | <input type="checkbox"/> Fennel | <input type="checkbox"/> Parsnip |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Green beans | <input type="checkbox"/> Peas, green |
| <input type="checkbox"/> Burdock | <input type="checkbox"/> Jicama | <input type="checkbox"/> Peas, sugar snap |
| <input type="checkbox"/> Celery | <input type="checkbox"/> Mushrooms (button, crimini, enoki, maitake, oyster, portobello, shiitake) | <input type="checkbox"/> Potatoes |
| <input type="checkbox"/> Cucumber | | <input type="checkbox"/> Summer squash |
| <input type="checkbox"/> Eggplant | <input type="checkbox"/> Okra | <input type="checkbox"/> Zucchini |

Fruits

1–2 servings per day. Choose fresh, ripe, organically grown, deeply colored fruits (fresh or frozen).

Flavonoid Family

- | | | |
|---------------------------------------|---|---------------------------------------|
| <input type="checkbox"/> Blueberries | <input type="checkbox"/> Figs | <input type="checkbox"/> Raisins |
| <input type="checkbox"/> Blackberries | <input type="checkbox"/> Gooseberries | <input type="checkbox"/> Raspberries |
| <input type="checkbox"/> Cherimoya | <input type="checkbox"/> Grape, dark skin | <input type="checkbox"/> Rhubarb |
| <input type="checkbox"/> Cherries | <input type="checkbox"/> Plums | <input type="checkbox"/> Strawberries |
| <input type="checkbox"/> Cranberries | <input type="checkbox"/> Pomegranate | |
| <input type="checkbox"/> Currants | <input type="checkbox"/> Prunes | |

Carotene Family

- | | | |
|-------------------------------------|-------------------------------------|-------------------------------------|
| <input type="checkbox"/> Apricot | <input type="checkbox"/> Kiwi | <input type="checkbox"/> Persimmon |
| <input type="checkbox"/> Papaya | <input type="checkbox"/> Mango | <input type="checkbox"/> Watermelon |
| <input type="checkbox"/> Guava | <input type="checkbox"/> Nectarines | |
| <input type="checkbox"/> Cantaloupe | <input type="checkbox"/> Peach | |

Citrus Family

- | | | |
|---|--------------------------------|------------------------------------|
| <input type="checkbox"/> Grapefruit, pink | <input type="checkbox"/> Lime | <input type="checkbox"/> Oranges |
| <input type="checkbox"/> Kumquat | <input type="checkbox"/> Lemon | <input type="checkbox"/> Tangerine |

Other

- | | | |
|---------------------------------|------------------------------------|-----------------------------------|
| <input type="checkbox"/> Apples | <input type="checkbox"/> Pear | <input type="checkbox"/> Plantain |
| <input type="checkbox"/> Banana | <input type="checkbox"/> Pineapple | <input type="checkbox"/> Quince |

Beverages

- | | | |
|--|--|--|
| <input type="checkbox"/> Almond, hazelnut, oat, or rice milk | <input type="checkbox"/> Fruit juice (no added sugar): blueberry, cherry, cranberry, pomegranate | <input type="checkbox"/> Green tea |
| <input type="checkbox"/> Chai | | <input type="checkbox"/> Herb tea |
| | | <input type="checkbox"/> Vegetable juice |

Whole Grains

1–3 servings per day. Choose high-fiber products (≥ 3 g per serving) from a variety of grains.

- | | | |
|-------------------------------------|---|--|
| <input type="checkbox"/> Amaranth | <input type="checkbox"/> Kamut | <input type="checkbox"/> Rye |
| <input type="checkbox"/> Barley | <input type="checkbox"/> Millet | <input type="checkbox"/> Quinoa |
| <input type="checkbox"/> Bread | <input type="checkbox"/> Oats, steel cut | <input type="checkbox"/> Spelt |
| <input type="checkbox"/> Brown rice | <input type="checkbox"/> Oat bran | <input type="checkbox"/> Teff |
| <input type="checkbox"/> Buckwheat | <input type="checkbox"/> Pasta | <input type="checkbox"/> Wheat berries |
| <input type="checkbox"/> Crackers | <input type="checkbox"/> Polenta | <input type="checkbox"/> Wild rice |
| <input type="checkbox"/> Cornmeal | <input type="checkbox"/> Popcorn, air pop | |

Nuts & Seeds

1–2 Tbs per day. Choose organic raw or dry roasted.

- | | | |
|--------------------------------------|--|--|
| <input type="checkbox"/> Almonds | <input type="checkbox"/> Nut butters | <input type="checkbox"/> Sesame seeds |
| <input type="checkbox"/> Brazil nuts | <input type="checkbox"/> Pecans | <input type="checkbox"/> Sunflower seeds |
| <input type="checkbox"/> Cashews | <input type="checkbox"/> Peanuts | <input type="checkbox"/> Tahini |
| <input type="checkbox"/> Filberts | <input type="checkbox"/> Pistachios | <input type="checkbox"/> Walnuts |
| <input type="checkbox"/> Flax seeds | <input type="checkbox"/> Pumpkin seeds | |

Legumes & Soy

1–2 servings per day

- | | | |
|---------------------------------------|---------------------------------------|-------------------------------------|
| <input type="checkbox"/> Adzuki beans | <input type="checkbox"/> Kidney beans | <input type="checkbox"/> Split peas |
| <input type="checkbox"/> Black beans | <input type="checkbox"/> Lentils | <input type="checkbox"/> Soy milk |
| <input type="checkbox"/> Chick peas | <input type="checkbox"/> Lima beans | <input type="checkbox"/> Tempeh |
| <input type="checkbox"/> Edamame | <input type="checkbox"/> Mung beans | <input type="checkbox"/> Tofu |
| <input type="checkbox"/> Hummus | <input type="checkbox"/> Pinto beans | |

Cold-Water Fish

1–3 servings (≤ 12 oz) per week. Choose high omega-3, low mercury fish (or omit and take purified fish oil daily).

- | | | |
|--|--|--|
| <input type="checkbox"/> Salmon (not farmed) | <input type="checkbox"/> Cod, Halibut | <input type="checkbox"/> Tilapia (farmed; choose U.S.-sourced, only) |
| <input type="checkbox"/> Sardines | <input type="checkbox"/> Haddock – 1x/mo | <input type="checkbox"/> Trout |
| <input type="checkbox"/> Scallops | <input type="checkbox"/> Sole | <input type="checkbox"/> Whitefish |
| <input type="checkbox"/> Tuna, canned light | | |

Animal Foods

1–2 servings (≤ 8 oz) per week or less. Choose only organic, grass-fed (not grain-fed) lean meat and poultry; free of hormones, antibiotics, and nitrates.

- | | | |
|--|---|----------------------------------|
| <input type="checkbox"/> Bison or beef | <input type="checkbox"/> Elk or venison | <input type="checkbox"/> Ostrich |
| <input type="checkbox"/> Chicken | <input type="checkbox"/> Lamb | <input type="checkbox"/> Turkey |

Dairy & Substitutes

1–2 servings per day, as tolerated. Choose only organic, grass-fed, full- or low-fat.

- | | | |
|---|-------------------------------------|--|
| <input type="checkbox"/> Asiago | <input type="checkbox"/> Feta | <input type="checkbox"/> Romano |
| <input type="checkbox"/> Butter | <input type="checkbox"/> Kefir | <input type="checkbox"/> Yogurt (live) |
| <input type="checkbox"/> Cottage cheese | <input type="checkbox"/> Mozzarella | |
| <input type="checkbox"/> Eggs, high omega-3 | <input type="checkbox"/> Parmesan | |

Spices, Condiments

- Cider vinegar
- Carob
- Dark chocolate
- Flax oil
- Miso
- Nutritional yeast
- Herbs, fresh: basil, chives, cilantro, dill, ginger root, parsley, rosemary, tarragon
- Herbs, dry: bay, cinnamon, clove, cumin, oregano, pepper, thyme, turmeric (curry)
- Olive oil
- Salsa
- Unrefined sea salt
- Stevia
- Tamari, low salt
- Vanilla, pure