

Suggested Shopping List

General

- ☐ Artichoke
(Great if you like finger food)
- ☐ Avocados (small)
- ☐ Berries (frozen organic okay)
- ☐ Broccoli
- ☐ Butternut or Acorn Squash
- ☐ Cabbage
- ☐ Carrots
- ☐ Cayenne Pepper
- ☐ Cinnamon
- ☐ Fresh Spinach
- ☐ Lemons
- ☐ Lettuce
(Green Leaf, Romaine or Red Leaf)
- ☐ Limes
- ☐ Olive Oil
(Good olive oil should be in dark glass containers)
- ☐ Onions
- ☐ Organic Butter
- ☐ Organic canned tomatoes
(Make sure no sugar has been added - 365 degrees or Muir Glen are available at Whole Foods)
- ☐ Organic Green Tea
- ☐ Pepper
- ☐ Sea Salt
- ☐ Stevia
(We recommend Sweet Leaf liquid)
- ☐ Sweet Potatoes (small)
- ☐ Tomatoes

Fruits with Low Glycemic Levels

- ☐ Apples
- ☐ Blueberries
- ☐ Cherries
- ☐ Grapefruit
- ☐ Grapes
- ☐ Mango
- ☐ Oranges
- ☐ Peaches
- ☐ Pears
- ☐ Plums
- ☐ Strawberries

Fruits with Medium Glycemic Levels

- ☐ Cantaloupe
- ☐ Papaya
- ☐ Pineapple

Water

- ☐ Natural sparkling mineral water
- ☐ Spring Water

Out of Season Fruit & Vegetables

Sometimes fresh fruits and vegetables that you enjoy may not be in season. In this case, organic frozen fruits and vegetables are okay (Whole Foods provides a great variety).

Always make sure you read the labels to ensure they do not include sugar.

Identifying Organic Produce

There are 3 main types of produce for purchase and they can be identified by their PLU codes. Most Produce Look-Up numbers (PLU) consist of four digits. They are mainly used in supermarkets to identify fruits and vegetables at the check-out.

Conventional:	Standard four digit PLU numbers (xxxx)
Genetically Modified:	Standard four digit PLUs are prefixed with an 8 (8xxxx)
Organic:	Standard four digit PLUs are prefixed with a 9 (9xxxx)

You should try to eat as much produce that begins with a `9` (organic) as possible.