

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.