



BE WELL

by DR. FRANK LIPMAN

DAILY LIVING
SHOPPING LIST

Daily Living Shopping List

Fruits

Apples
Apricots
Bananas
Blackberries
Blueberries
Cantaloupe
Cherries
Clementines
Coconut
Cranberries

Figs
Grapefruit
Guava
Honeydew Melons
Kiwi
Lemons
Limes
Mangoes
Melons
Nectarines

Oranges
Papayas
Peaches
Pears
Persimmons
Pineapples
Pomegranates
Raspberries
Strawberries
Watermelon

Vegetables

Artichoke
Arugula
Asparagus
Avocado
Baby Greens
Bamboo Shoots
Beets
Bok Choy
Broccoli
Broccoli Rabe
Brussel Sprouts
Cabbage
Carrots
Cauliflower
Celery
Chicory
Chinese Cabbage
Chives
Collard Greens

Cucumber
Dandelion Greens
Eggplant
Endive
Escarole
Fennel
Green Beans
Green Peas
Jerusalem Artichokes
Jicama
Kale
Kohlrabi
Leeks
Lettuce
Mushrooms
Mustard Greens
Okra
Olives
Onions

Parsnips
Peppers
Pumpkin
Purslane
Radishes
Red Leaf Chicory
Rutabaga
Seaweed
Snow Peas
Spinach
Sprouts
Squash (summer & winter)
Sweet Potato
Swiss Chard
Tomatoes
Turnips
Watercress
Yams
Zucchini

Animal Protein | free range, organic

Chicken
Eggs
Grass-fed Beef

Duck
Lamb
Turkey

Wild Game

Fish

Anchovies
Black Cod (sablefish)
Herring

Sardines (fresh & canned)
Shellfish
Trout

Wild Salmon (fresh & canned)
Wild Fish (low mercury)

Non-Gluten Grains

Organic, non-GMO Corn
Amaranth
Buckwheat
Millet

Quinoa
Gluten-free Oats
Brown Rice & Wild Rice
Teff

Pure Buckwheat Noodles
Brown Rice Pasta

Beans & Pulses

Beans (all types)
Split Peas

Organic Edamame (non-GMO)
Lentils: Brown, Green, Red

Fermented Soy
(natto, tempeh, miso)

Nuts & Seeds

Almonds
Brazil Nuts
Cashews
Chestnuts
Chia seeds
Flax seeds

Hazelnuts
Hemp Seeds
Pecans
Pine Nuts
Pistachio Nuts
Poppy seeds

Pumpkin Seeds
Sesame Seeds
Tahini (sesame paste)
Sunflower Seeds
Walnuts

Dairy Substitutes

Almond Milk
Coconut Milk
Hemp Milk

Rice Milk
Goat Cheese
Sheep's Cheese

Ghee (clarified butter)
Organic Butter

Sweeteners I use sparingly

Stevia
Xylitol

Raw Honey
Black Strap Molasses

100% Maple Syrup
100% Palm Sugar

Beverages

Herbal Tea (non-caffeinated)
Green tea

Coconut Water
Sparkling Water

Spring Water
Black Tea

Oils

Extra Virgin Olive Oil
Flax Seed Oil

Coconut Oil
Sesame Oil

Walnut Oil

Vinegars

Apple Cider Vinegar
Balsamic Vinegar

Red Wine Vinegar
Rice Vinegar

White Wine Vinegar

Herbs, Spices & Condiments

Anise
Basil
Bay Leaf
Cayenne
Caraway Seeds
Cardamom
Celery Seed
Cinnamon
Coriander
Cumin
Dill

Dry Mustard
Fennel
Garlic
Ginger
Marjoram
Mint
Mustard
Nutritional yeast
Nutmeg
Oregano
Paprika

Parsley
Red Pepper Flakes
Rosemary
Saffron
Sage
Sea Salt
Tarragon
Thyme
Turmeric
Vanilla Extract

Other

Small amounts of
75-80% Dark Chocolate

Cocoa Nibs

Unsweetened Cocoa Powder