

THE CHIROPRACTIC wellnessconnection

GFDFEF Shopping List/Food Choices

<p><u>Fruits: (Carb) fresh/frozen</u></p> <p>Apples Apricots Banana Blackberries Blueberries Cantaloupe Cherries Grapefruit Honeydew Melon Kiwis</p> <p>Mango Nectarines Oranges Peaches Pears Plums Raspberries Strawberries Tangerines Watermelon</p>	<p><u>Protein Foods:</u></p> <p>Free Range: Chicken, Soybeans/Edamame Turkey or Cornish Hen Beans: Pork Tenderloin Pinto, Black, Kidney, Wild Caught Fish: Lima, Navy Beans Salmon, Halibut, Tuna, Jone's Natural Canadian Mahi, Orange Roughy, Bacon & Turkey Sausage Cod, Tilapia, Trout, Sea Pea or Hemp Protein Bass, Snapper Nitrate Free Lunch Meat (<i>Hormel naturals</i>)</p>	<p><u>Vegetables: fresh/frozen</u></p> <p>Artichoke Arugula Asparagus Bean Sprouts Beets Broccoli Brussel Sprouts Tomatoes Cabbage Carrots Cauliflower Celery Collard Green Cucumber</p> <p>Eggplant Kale Mushrooms Peas Peppers Snow Peas Spinach Sprouts Squash Zucchini</p> <p>Lettuce: Red Leaf, Radicchio, Romaine</p>
<p><u>Starches: (Carb)</u></p> <p>Sweet, White & Red Potatoes Corn on the cob or frozen Pasta: Corn or Quinoa Buckwheat Pancake Mix Corn Cakes Gluten Free Oats Quinoa Coconut Milk Yogurt Coconut Milk Ice Cream Brown Rice Tortillas Corn Tortilla's Rice, Potato and Corn Chips</p>	<p><u>Both Carb & Protein</u></p> <p>Raw Nuts: Quinoa Walnuts Home Made Granola Hazelnuts Bars Pumpkin Seeds Nutty Red Pepper Dip Sunflower Seeds Hummus Cashews Beans with corn Sun Butter Lentils Almonds (butter)</p>	<p><u>Oil/Fat:</u></p> <p>Avocado Flaxseed Oil Raw Coconut Oil Extra Virgin Olive Oil Sesame Oil Walnut Oil Canola Oil</p>

- **Dairy Replacements:** Coconut Milk/Yogurt/Ice Cream, Soy Milk, Daiya Cheese, Hemp Milk
- **Salad Dressing Brand Recommendation:** Newman's Own, Vegennaise Eggless Mayo
- **Sweeteners:** Stevia; Raw Agave Nectar, Truvia, Xylitol
- **AVOID: High Fructose Corn Syrup, Artificial Sweeteners (sucralose, nutrasweet, aspartame), Hydrogenated (or Partially) Oils, Sodium Nitrates/MSG**

Recipes are available at www.cookingwitholivia.com