

# Winter Grocery List

## (November-February)



- Eat **more** foods that are **Sweet, Sour, Salty / Heavy, Oily, Moist, Hot**: such as soups, stews, steamed veggies, and more fat and protein.
- Eat **less** foods that are Pungent (Spicy), Bitter, Astringent / Light, Cold, Dry: such as salads, smoothies, cold foods and beverages, crackers, chips and salsa.
- **Curious about a food not on this list?** Taste it. If it has 2 of the 3 winter tastes (sweet, sour and salty), it is balancing. Prepare it in a way that is moist, oily, heavy and/or warm.

**Choose Organic and non-GMO when possible. Eat more of your favorite foods from this list.**

*\*An asterisk means that this food is a Winter Superfood. If you like it, eat more of it.*

VEGETABLES	FRUIT	SPICES	NUTS & SEEDS	LEGUMES
<p><b>Cook all vegetables and add a healthy oil, such as ghee, and warming spices. Favor root vegetables:</b></p> <p>Artichokes, hearts *Avocadoes *Beets *Brussels Sprouts *Carrots *Chilies Corn Fennel Eggplant, cooked *Garlic Ginger Hot Peppers Leeks Okra Onions Parsley Potatoes, mashed *Pumpkins Seaweed, cooked Squash, Acorn *Squash, Winter *Sweet Potatoes *Tomatoes Turnips</p>	<p><b>Favor sweet, sour or heavy fruits. Eat fruit separately from other foods. Serve warm:</b></p> <p>Apples, cooked Apricots *Bananas Blueberries Cantaloupe, with lemon Cherries Coconuts, ripe Cranberries, cooked *Dates *Figs *Grapefruit *Grapes Guava *Lemons *Limes *Mangoes Nectarines *Oranges *Papayas Peaches Pears, ripe *Persimmons Pineapples Plums Strawberries *Tangerines</p>	<p><b>Most spices and herbs are good:</b></p> <p>*Anise *Asafetida *Basil Bay Leaf *Black Pepper Caraway *Cardamom Cayenne Chamomile *Cinnamon Clove Coriander *Cummin Dill *Fennel Fenugreek Garlic *Ginger Horseradish Marjoram Mustard Nutmeg Oregano Peppermint Poppy Seeds Rosemary *Saffron Sage Spearmint Tarragon Thyme *Turmeric</p>	<p><b>Most nuts and seeds are good:</b></p> <p>*Almonds *Brazil Nuts *Cashews Coconuts *Filberts *Flax Lotus Seed *Macadamias *Peanuts, raw *Pecans *Pinons *Pistachios Sunflower *Walnuts</p>	<p>Mung – split, yellow Tofu</p>
				<p><b>BEVERAGES</b></p> <p><b>Favor warm-hot drinks that are low in caffeine and alcohol:</b></p> <p>Alcohol (moderation) Black Tea (moderation) Coffee (moderation) Water (warm or hot)</p>
				<p><b>HERB TEAS</b></p> <p><b>Choose warming and/or calming teas, such as:</b></p> <p>*Cardamom *Chamomile *Cinnamon *Cloves *Ginger *Orange Peel</p>
			<p><b>DAIRY</b></p> <p><b>All dairy is good, ideally at room temperature or warm (such as boiled milk). Favor raw or vat-pasteurized.</b></p> <p>*Butter *Buttermilk *Cheese *Cottage cheese *Cream *Ghee *Kefir Milk, not cold Non-Dairy substitutes Sour Cream Yogurt</p>	<p><b>WHOLE GRAINS</b></p> <p><b>Most grains are good. Best eaten warm, moist and with a healthy oil:</b></p> <p>*Amaranth Buckwheat (moderation) Millet (moderation) *Oats *Quinoa Rice *Rice, Brown Rye (moderation) *Wheat</p>
<p><b>OILS</b></p> <p><b>Most (healthy) oils:</b></p> <p>*Almond *Avocado *Canola *Coconut *Flax *Mustard *Olive *Peanut *Safflower *Sesame Sunflower</p>	<p><b>MEAT &amp; FISH</b></p> <p><b>All meat, eggs and fish are good:</b></p> <p>*Beef *Chicken *Crabs *Duck *Eggs *Fish, freshwater &amp; ocean *Lamb *Lobster *Oysters *Pork *Shrimp *Turkey *Venison</p>	<p><b>CONDIMENTS</b></p> <p><b>Favor sweet, sour and salty tastes:</b></p> <p>Carob Dulse Fermented foods Lemon or Lime Mayonnaise Pickles *Salt Vinegar</p>	<p><b>SWEETENERS</b></p> <p><b>Most natural whole foods sweeteners, in moderation:</b></p> <p>Honey - Raw *Maple Syrup *Molasses Sugar, Raw *Rice Syrup</p>	<p><b>Learn more in <i>The 3-Season Diet</i> book by Dr. John Douillard</b></p> <p><b>Take the 3-Season Diet Challenge: It's FREE! 12 Months of Seasonal Guidance.</b> <i>Recipes, videos, articles, bonus blogs, special coupons.</i> <a href="http://lifespaspa.com">LifeSpa.com</a></p>