



# **The Spring Shopping List**

## **(March - June)**

## Focus on these tastes:

- pungent (spicy)
- bitter and;
- astringent

## Aim for your prepared food to be:

- Light,
- Dry and;
- Warm

## Eat less foods that are:

- **sweet, sour, salty, heavy, cold and oily:** such as fried foods, ice cream, heavy dairy, fats, processed grains and breads.

## Bonus:

An added food hunting skill is to be on the lookout for foods that are locally grown, organic and non-GMO. If you'd rather not buy organic at all times check out the [dirty dozen and clean 15 list in order to better discern when choosing organic is best.](#)

## Leafy Greens

- Sprouts of All Varieties
- Kale
- Swiss Chard
- Cilantro
- Mustard Greens
- Watercress
- Collard Greens
- Spinach
- All Baby Greens Grown Locally
- Dandelion

## Vegetables:

- Asparagus
- Brussel Sprouts
- Celery
- Dandelion
- Garlic
- Mushrooms
- Peas
- Snow Peas
- Beets
- Cabbage
- Corn
- Endive
- Ginger
- Onion
- Radishes
- Turnips
- Broccoli
- Cauliflower
- Chichory
- Fennel
- Leeks
- Parsley
- Seaweed
- Carrots

## Fruits - Eat fruit separately from other foods:

- All Berries,
- Dried Cherries,
- Dried Plums or Prunes,
- Sun Dried Tomatoes (in oil is fine)
- Grapefruit,
- Lemons,
- Limes,
- Pears/apples (not in season but lower in sugar comparatively as well as being astringent in taste)

## **Dairy - Less Dairy this time of the year:**

- Favor Goat Milk over Cow,
- Goat's Milk Cheeses

## **Non-Dairy:**

- Almond Milk,
- Coconut Milk,
- Hemp Milk

## **Broths:**

- Bone Broth,
- Vegetable Broth,
- Miso Paste

## **Fats and Oils - Favor Lighter Oils in Moderation:**

- Flax (for salads or drizzling on prepared food),
- Hemp (for salads or drizzling on prepared food),
- Avocado (for salads and low heat cooking)
- Coconut Oil (for high heat cooking),
- Ghee (high heat cooking/baking is okay),
- Sunflower Oil (for medium heat cooking)

## **Sweeteners - Favor natural whole foods sweeteners, all in moderation:**

- Raw Honey (is best during spring),
- Pure Maple Syrup,
- Blackstrap Molasses,
- Ground Dried Date Powder

## **Herbs and Spices:**

- Burdock,
- Black Pepper,
- Cayenne,
- Crushed Red Chillies
- Fenugreek,
- Garlic
- Cinnamon,
- Clove,
- Coriander,
- Cumin,
- Fennel, (fresh or dried)
- Fenugreek
- Garlic,
- Ginger (fresh and powdered),
- Milk Thistle Seeds,
- Mustard Seeds,
- Sage,
- Turmeric (fresh or dried)

## **Condiments:**

- Carob,
- Cacao,
- Fermented Foods,
- Prepared Mustard,
- Dulse Seaweed

## **Legumes: All legumes are good in the spring since beans are astringent**

- Adzuki Beans,
- Black Beans,
- Garbanzo Beans,
- Lentils,
- Mung Beans
- Yellow Split Mung Dal (for kitchari),
- Sprouted Beans (then at least lightly cooked)

## **Lean Meat and Fish:**

- Pasture Raised Chicken,
- Pasture Raised Eggs (in moderation)
- Wild Salmon,
- Pasture Raised Lamb (in moderation)
- Pasture Raised Turkey

## **Nuts and Seeds:**

- Pumpkin Seeds,
- Sunflower Seeds,
- Poppy Seeds,
- Sesame Seeds,
- Hemp Seeds,
- Chia Seeds

## **Whole Grains:**

- Amaranth,
- Barley,
- Buckwheat,
- Corn,
- Millet,
- Quinoa
- Brown Long Grain Rice,
- Rye,
- White Basmati (for Kitchari)

## **Dry Snacks and Bready Type foods:**

- Sprouted Corn Tortillas,
- Rice Cakes,
- Kale Chips,
- Whole Grain Corn Chips
- Popcorn,
- Nori Sheets for Wraps

## **Herbal and Spice Teas - Look for blends that include the following:**

- Chicory,
- Burdock,
- Cloves,
- Cinnamon,
- Dandelion,
- Ginger,
- Hibiscus,
- Orange Peel,
- Tulsi,
- Oregon Grape Root