

## NATURAL HEALING SHOPPING LIST

Here are some items that will make preparing your whole plant food recipes easier. You can find them at your local ABC or health food stores. Look for whole grains, fruits, vegetables, nuts, seeds and legumes at a farmers market or the produce/health food section of your local supermarket.

### FRUITS

All fresh fruits in season

Apples

Oranges

Bananas

Strawberries

Kiwi

Raspberries

Blueberries

Blackberries

Watermelons

Honeydew melons

Cantaloupes

Pears

Grapes

Peaches

Nectarines

Grapefruits

Tangerines

Pineapples

Mangoes

Papayas

Pomegranate

### DRIED FRUITS

(make sure your dried fruits are unsulphered)

Raisins

Prunes

Apricots

Dates

Figs

Pineapples

Pears

Mangos

Cranberries

Apples

Papayas

Currants

### RAW/COOKABLE FRUITS

Tomatoes

Cucumbers

avocados

Red, orange, yellow bell pepper

olives (green or black)

Pumpkin

Squash

zucchini

eggplant

Plantain

### VEGETABLES

Broccoli

Cauliflower

Carrots

Asparagus

Collard Greens

Mustard Greens

Kale

Garlic

Onions

Scallions

Leek

Cabbage