

GUT HEALING GROCERY LIST

FRUIT

- Asian pear
- Berries (strawberries, raspberries, blackberries)
- Clementine oranges
- Coconut
- Cranberries
- Grapefruit
- Lemon
- Lime
- Starfruit
- Watermelon
- _____
- _____
- _____
- _____
- _____

FAT

- Avocado oil
- Cold-pressed olive oil
- Coconut oil
- Ghee
- Grass-fed butter
- Nut butter
- Nuts & seeds (almonds, walnuts, pumpkin seeds, sunflower seeds, etc.)
- _____
- _____
- _____
- _____
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VEGETABLES

- Artichoke
- Asparagus
- Bamboo shoots
- Beans (green, wax, Italian)
- Bean sprouts
- Beets
- Bok choy
- Brussels sprouts
- Broccoli
- Broccolini
- Cabbage (green, bok choy, Chinese)
- Carrots
- Cauliflower
- Celery
- Chayote
- Coleslaw (pre-shredded, no dressing)
- Cucumber
- Daikon
- Eggplant
- Endive
- Garlic
- Greens (collard, kale, mustard, turnip)
- Hearts of palm
- Jerusalem artichoke
- Jicama
- Kohlrabi
- Leeks
- Lentils
- Lettuce
- Mushrooms
- Okra
- Onions
- Peppers
- Potatoes
- Pumpkin
- Radishes
- Radicchio
- Rutabaga
- Spinach
- Sprouts
- Squash (butternut, summer, crookneck, spaghetti, zucchini)
- Sugar snap peas
- Sweet potato
- Swiss chard
- Taro root
- Tomato
- Turnips
- Water chestnuts
- Watercress
- _____
- _____

ANIMAL PROTEIN

- Free range chicken (whole or parts)
- Grass-fed beef (ground or steak)
- Grass-fed Lamb
- Pasture raised Eggs
- Wild caught Salmon
- Wild caught Tuna
- Wild caught Trout
- Wild foraged Pork
- _____
- _____
- _____
- _____

MISCELLANEOUS

- Aloe juice
- Bone broth
- Cacao nibs
- Cocoa powder
- Coconut water
- Green tea
- Kefir
- Kimchi
- Kombucha
- Marshmallow root tea
- Miso
- Sauerkraut
- Slippery Elm Tea
- _____
- _____
- _____

PANTRY STAPLES

- Almond butter
- Coconut aminos or Tamari sauce
- Raw honey
- Sea salt or Himalayan salt
- Tomato paste
- _____
- _____
- _____
- _____