

FOOD BY GOD / FOOD WITH PURPOSE GROCERY LIST

GOOD CARBOHYDRATES

Oats
Grits
Other hot whole grain cereals
(barley, quinoa, rye, spelt, millet, flax)
Brown, Jasmine, and Basmati Rice
Rice cakes, Rice noodles,
Puffed Rice cereal
Barley
Buckwheat
Rye
Un-processed Soy
Spelt
All natural, whole grain, no chemical
no sugar breads, flours and cereals
Gluten-free bread and sprouted
grain breads
Breads: live sprouted grains
that are yeast free are best
Cream of brown rice

STARCHY VEGETABLES

Potato
Sweet Potato
Corn
Peas
Squash

GOOD PROTEINS

Chickpeas
Kidney Beans
Lentils

Lima Beans
Navy Beans

Pinto Beans
White Beans
Soy Beans

NUTS

Almonds, Walnuts, Hazelnuts,
Macadamia, Pine Nuts

SEEDS

Pumpkin, Sesame, Sunflower, Flax

VEGETABLES

Alfalfa
Artichoke
Asparagus
Bamboo Shoots
Beets
Broccoli
Cabbage
Cauliflower
Celery
Collard Greens
Cucumber
Eggplant
Escarole
Green Beans
Kale
Lettuce – All Kinds
Mesclun
Mustard Greens
Onions
Parsley
Parsnips
Pea Pods
Portabello
Radish
Radicchio
Scallion
Seaweed
Shallots
Swiss Chard
Snap Peas
Snow Peas
Spinach
String Beans
Tomato (also considered
fruit)
Turnips
Watercress
Wheat Grass
Zucchini

FRUITS

Apples
Bananas (High Blood Sugar Effect)
Blackberries
Blueberries
Cantaloupe
Currants
Grapefruit
Grapes
Mango
Honeydew
Kiwi
Lemons
Limes
Nectarines
Oranges
Peach
Pear
Pineapple
Plums
Prunes
Raisins
Raspberries
Strawberries
Tangerines
Watermelon

EGGS

Best are organic, free-range

FISH

Salmon
Tuna, Sardines
Mahi-Mahi
Mackerel
Halibut
Rainbow Trout
Whitefish
Trout
Sea Bass
Snapper
Grouper
Swordfish

GOOD FATS

Olives (Oil: Cold Pressed, Virgin)

Extra Virgin Coconut Oil

Crushed Flax Seeds

Fish Oil

Organic Fats

In grass and vegetable-fed beef

Egg yolks, and chicken

Almonds

Avocado

Macadamia

Fresh Soy

Macadami

Fresh Soy

Tahini (Ground Sesame Seeds)

BAD FATS

Non-Grass Fed, Non-Organic
fed animal fats

Palm Oil

Hydrogenated Oil

Milk Fat/ Cream

Vegetable Oils removed from
original source

BEVERAGES

Water: Reverse Osmosis, distilled,
fresh spring, filtered

Fresh fruit and vegetable juices

Almond, Rice, Oat Milk

Herbal Tea

SWEETENERS

Honey, un-refined Maple Syrup,

Brown Rice Syrup, Molasses

Fruit and fruit juice

Un-sugar-sweetened, all natural
jellies and syrups

POULTRY

Chicken/Turkey Breast

(Best is organic/free range)

RED MEAT

Organic, Grass-Fed Beef

CONDIMENTS

Used in small quantities

Ginger

High-Quality Vinegar

All-Natural Hot Sauce

Spices without MSG or Hydrolyzed Vegetable Protein

Sesame Seeds

Basil, curry, dill, garlic, mint,

Horseradish, miso, mustard,

Paprika, parsley, rosemary, thyme

Tarragon

Olive oil based and low-fat,

Chemical free dressings

Lemon Juice

Natural Soy Sauce or Tamari

Natural Mustards

Butter Buds