

EXTENDED GROCERY LIST

BASICS

- Juice Plus+ TRIO
- Juice Plus+ Complete Shakes
- Juice Plus+ Complete Bars



Nutrition in M

VEGETABLES

Quick-tips:

- Fresh, organic from the Dirty Dozen list^o, if possible
- Frozen varieties (no added salt or sauces)
- Dried with minimal preservatives, if possible

- Artichoke
- Arugula
- Asparagus
- Bamboo Shoots
- Bean Sprouts
- Bell Pepper (green, red^o, yellow, orange)
- Bok Choy
- Broccoli
- Brussels sprouts
- Cabbage (white, purple)
- Carrots, all varieties
- Cauliflower
- Celery^o
- Collard Greens^o
- Cucumber

- Endive
- Fennel
- Greens (Beet Greens, Collard Greens, Dandelion, Kohlrabi, Mustard Greens, Turnip)
- Green Beans/Wax Beans
- Green
- Hot pepper (Anaheim, jalapeno, habanero^o)
- Onions/Scallions
- Jicama
- Kale
- Kohlrabi
- Leeks
- Lemongrass
- Lettuce (Bibb, Boston, Leaf, Romaine)
- Mushrooms
- Okra
- Onion/Shallots
- Parsnip
- Peas/ Snap peas^o
- Radicchio
- Radish
- Rutabaga,
- Spinach^o
- Swiss chard



- Tomato (all varieties)/Cherry tomato^o
- Turnip
- Watercress
- Zucchini

Starchy Vegetables

- Beans
- Beet
- Corn
- Eggplant
- Lentils
- Potato^o, all varieties /yam
- Pumpkin
- Squash/ spaghetti, butternut, acorn

FRUITS



Quick-tips:

- Fresh, organic from the Dirty Dozen list^o if possible
- Frozen varieties (no added sugar or sauces)
- Dried, no preservatives, if possible
- Eat fresh that are in season

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|--------------------------------------|--|----------------------|
| - Apple ^o (all varieties) | - Grapes ^o (red, purple, green) | - Papaya |
| - Apricot | - Kiwifruit | - Passion Fruit |
| - Avocado | - Kumquat | - Peach ^o |
| - Banana | - Mango | - Pear |
| - Cherries | - Melons (watermelon, honeydew, cantaloupe) | - Persimmon |
| - Currant | - Nectarine ^o | - Pineapple |
| - Date | | - Plum/Prunes |
| - Fig | | - Pomegranate |
| | | - Rhubarb |
| | | - Starfruit |
- Berries: Acai Berry, Blueberry, Boysenberry, Cranberry, Elderberry, Goji berry, Mulberry, Raspberry, Strawberry^o
- Citrus: Clementine, Grapefruit, Lemon, Lime, Oranges (Blood Orange, navel, mandarin), Pomelo, Tangelo, Tangerine



NATURAL ANTIOXIDANTS

MEATS/POULTRY/SEAFOOD

Quick-Tips:

- Organic, grass fed, if possible
 - Fish sustainably caught with lowest mercury levels
- Beef (no injected salt solutions) eye of round, sirloin, lean ground, tenderloin
 - Chicken (boneless, skinless)
 - Ground chicken breast
 - Turkey (boneless, skinless)
 - Ground turkey breast
 - Pork loin (tenderloin, boneless, top)
 - Lamb (shank, loin chop, leg)
 - Wild game
 - Naturally cured deli meats
 - Albacore tuna, fresh
 - Anchovies, canned
 - Cod
 - Crab
 - Halibut
 - Sardines, canned
 - Shellfish, farm raised (scallops, clams, mussels, oysters, shrimp)
 - Salmon, wild, canned wild
 - Tilapia
 - Tuna, fresh, canned chunk light



MEAT ALTERNATIVES/EGGS

Quick-tips:

- No genetically modified soy
- tofu (firm and silken)
- tempeh
- Eggs/egg whites



DAIRY/ ALTERNATIVES

Quick-tips:

- Organic, if possible
- Avoid "fat free" on food label and "partially hydrogenated fat" on ingredient label
- ◇ = High fat dairy in moderation
- Almond milk
- Cashew milk
- Coconut milk
- Cow/Goat Milk
- Soy milk (non-GMO)
- Blue Cheese◇
- Butter◇
- Cottage cheese
- Creamer, all varieties◇
- Feta
- Fresh mozzarella
- Ghee (clarified butter)◇
- Kefir
- Parmesan cheese◇
- Ricotta ◇

- Yogurt
soy/almond/
coconut

BEANS/LENTILS

*BPA free can/ dry

- Adzuki
- Black beans
- Kidney beans
- Pinto beans
- Great northern beans
- Garbanzo beans
- Red beans
- Refried
- Soy/ Edamame
- Lentils
- Split Peas



NUTS/ SEEDS/BUTTERS

Quick-Tips:

- Raw with no added ingredients, if possible
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|--------------------------------|-----------------------------|---------------------------------------|
| - Almonds | - Chia seed | - Almond butter |
| - Cashews | - Flax seed (whole/ ground) | - Cashew butter |
| - Peanuts | - Sesame seed | - Peanut butter |
| - Pistachios | - Sunflower seed | - Sunflower seed butter (Sun Butter™) |
| - walnuts | - Hemp seed (hemp hearts) | - Tahini |
| - Soy nuts, non-GMO (Toasted*) | | |

CEREALS/BREADS/PASTA/GRAINS

Quick-tips:

- No "high fructose corn syrup" or added sugar
- No preservatives or additives, if possible.
- Whole grain/ no "enriched flour" on ingredient label
- Select flour blends for easy baking (Bob's Red Mill)
- ^ = gluten free (always check labels)

Cereals

- Hot cereals (whole grain, Bob's Red Mill varieties)
- Steel cut oats/ old fashion oats
- Ready to Eat cereals (Peace Cereal, Nature's Path Organic, Envirokids, Love Grown Power O's, 365 Everyday Value varieties)

Breads

- Corn tortilla shells/ non GMO (Ezekial) ^
- Bread, sprouted grain (Ezekial)
- Gluten free bread (Trader Joe's) ^
- Gluten free frozen waffles (Vans) ^
- Pita, whole grain
- Sprouted grain tortillas (Ezekial)

Pasta

- Edamame pasta ^
- Gluten free pasta (brown rice, corn/ quinoa blends preferred ^)
- 100% whole wheat pasta



Grains

- Barley, all varieties
- Bulgur
- Couscous, whole grain
- Polenta ^
- Quinoa, all varieties ^
- Pilaf, whole grain
- Wheat berries
- Wheat germ
- Brown rice ^
- Wild Rice ^
- Whole grain flours/blends: Amaranth ^, Buckwheat ^, Bulgar, Corn ^, Freckah, , Rye, Spelt, sorghum ^, Teff ^, triticale, 100% whole wheat (Bobs Red Mill™ varieties)



FOODS for HIGH ENERGY

WHOLE GRAIN SNACKS

Quick-tips:

- Look for 2-3 grams fiber
- Enjoy in moderation
- whole food ingredients with no "enriched" ingredients
- Baked bean chips (Beanitos™)
- Baked lentil chips (Mediterranean Snacks®)
- Corn cakes (non-GMO) / rice cakes
- Corn tortilla chips (Garden of Eatin'®)
- Popcorn, air popped
- Sweet potato chips (Jackson's Honest™)
- Cracker (Brands: Mary's Gone Crackers™, Crunchmaster™, wasa™ crispbread)
- Kale + Chia chips (supereats™)
- Multigrain baked chips (Food Should Taste Good™)
- Vegetable chips (Terra®)



HERBS / SPICES

quick-tips:

- Fresh herbs, when possible
- Store spices away from intense heat, replace every 6 months.

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|----------------------------|-----------------|--|---|
| - Basil | - Mint |  |  |
| - Chives | - Oregano |  |  |
| - Cilantro | - Parsley |  |  |
| - Dill | | | |
| - Fennel | | | |
| - Garlic (minced or whole) | - Rosemary | | - Thyme |
| - Marjoram | - Sage | | - Tarragon |
| | | | |
| - Bay Leaves | - Cumin | | - Pepper, all varieties |
| - Cayenne Powder | - Curry powder | | - Poppy Seeds |
| - Celery Seed | - Dry mustard | | - Red Pepper Flakes |
| - Chili's/Chili Powder | - Garlic powder | | - Sea salt/ iodized salt |
| - Cinnamon | - Ginger | | - Seasoning Blends |
| - Cloves | - Horseradish | | - Sesame Seeds |
| - Coriander | - Onion Powder | | - Turmeric |
| | - Paprika | | |

OILS/VINEGARS

quick-tips:

- Organic oils, if possible
- No "partially hydrogenated" on the ingredient label.

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|---|----------------|
| - Coconut | |
| - Coconut oil spray | |
| - Canola | - Soy / No GMO |
| - Extra virgin olive | |
| - Sesame | - Walnut |
| - Vinegar (apple cider, balsamic, cider, red, white, rice wine, flavor infused) | |



CONDIMENTS

Quick -Tips:

- no high fructose corn syrup / artificial sweeteners
- No added monosodium glutamate (MSG)

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|-----------------------------------|----------------------------|--------------------------|
| - 100 % fruit spreads | - Liquid aminos | - Quince paste |
| - Barbeque sauce | - Mirin sauce | - Salsa |
| - Capers | - Mustard, all varieties | - Sauerkraut |
| - Dill pickles | - Nutritional yeast flakes | - Satay sauce |
| - Fish/oyster sauce/anchovy paste | - Olives | - Soy sauce (low sodium) |
| - Hoisin sauce | - Pesto | - Sriracha |
| - Hummus (Sabra™) | - Picante sauce | - Tabasco® |
| - Ketchup | - Pine nuts | - Teriyaki sauce |
| | - Plum sauce | - Water Chestnuts |

CANNED PRODUCTS

Quick -tips

- BPA free can / Tetra Pak® box, if possible
- Dried beans and lentils are a good option but canned option is good too. Just rinse and drain prior to use.
- Canned vegetables are a great choice, select no salt added varieties
- Select canned fruits in own juice. No added sugar or artificial sweeteners.
- Fish with lowest mercury levels and high in omega-3 fatty acid

- Beans, all varieties
- Fish: canned wild salmon, canned tuna (light chunk), canned sardines, canned anchovies
- Fruit, all varieties meeting "quick-tips"
- Pumpkin
- Soup (Amy Organic®, Back to Nature®, Pacific Foods® varieties)
- Stock (Chicken, Beef or Vegetable)
- Tomato paste/tomato sauce
- Vegetables, all varieties meeting "quick-tips"

STAPLES

- Baking soda
- Baking powder
- Cornstarch
- Corn meal
- Cocoa powder
- Extracts (vanilla, maple)
- Dried fruit, no sulfates
- Pure maple syrup
- Honey
- Molasses
- Almond flour (store in freezer)
- Whole grain flour varieties - Bob's Red Mill™

BEVERAGES

Quick-tips:

- No artificial sugars
- No added sugar
- Only juices listed
- Black tea (unsweetened, hot or cold)
- Green tea
- Herbal teas
- Coconut water
- Flavored water (La Croix™)
- Purified drinking water
- Lemon juice
- Lime juice
- Tart cherry juice
- Unsweetened cranberry juice

