

## Dr Mead's Grocery List

### FRUITS

Amaranth  
 Apple  
 Apricot  
 Banana  
 Blackberry  
 Blueberries  
 Boysenberries  
 Cantaloupe  
 Cucumbers  
 Honeydew  
 Cherry  
 Cranberries  
 Dates  
 Figs  
 Grapes  
 Grapefruit  
 Kiwi  
 Lemon  
 Lime  
 Mango  
 Melons  
 Nectarine  
 Orange  
 Papaya  
 Peach  
 Pear  
 Pomegranate  
 Pineapple  
 Plum  
 Prune  
 Raspberries  
 Raisins  
 Strawberries  
 Tangerine  
 Watermelon

### SEASONINGS

Herbamare  
 Spike  
 Onion Magic  
 Veg-It

### STANDARD HERBS AND SPICES

Sea Salt  
 Ginger  
 Basil  
 Cayenne Pepper  
 Cinnamon  
 Cumin  
 Garlic  
 Nutmeg  
 Oregano  
 Tarragon  
 Thyme  
 Turmeric (Curry)

### OILS

Cold Pressed, Green, Extra Virgin Olive Oil  
 Cold Pressed Flaxseed/Grape seed Oil  
 Butter

### PROTEINS

Beans w/ Corn or Rice:  
     Adzuki, Kidney, Lima,  
 Pinto & Mung  
 Eggs  
 Fish: Esp. Salmon  
     Red Snapper  
     Scrod  
     Cod  
     Haddock  
     Tuna  
     Sardines  
     (un-smoked)  
     Herring  
 Lentils/Peas w/ corn or rice  
 Organic Lamb  
 Organic Chicken  
 Organic Turkey  
 Dairy: Yogurt (organic)  
     Cheese (white)

### GRAINS/CARBOHYDRATES

Corn Meal (organic)  
 Corn Grits (organic)  
 Millet, Quinoa  
 Oats  
 Rice: Basmatti  
     Brown  
     Wild  
 Potatoes: Red, white, sweet, yams  
 Brown Rice pasta (Tinkyada)

### SWEETENERS

Tupelo honey  
 Grade B Maple Syrup  
 Stevia

### NUTS & SEEDS (raw butters)

Almonds  
 Cashews  
 Walnuts  
 Pumpkin seeds  
 Sesame seeds  
 Sunflower seeds  
 Macadamias (Omega 3)

### VEGETABLES

Arugula  
 Artichoke  
 Asparagus  
 Avocado  
 Beets  
 Beet Greens  
 Bok Choy  
 Broccoli  
 Broccoli Rabe  
 Brussel Sprouts  
 Cabbage: Red, white  
 Carrots  
 Cauliflower  
 Celery  
 Collard Greens  
 Coriander-aka cilantro  
 Dandelion Greens  
 Eggplant  
 Endive  
 Escarole

Fennel  
 Green Pepper  
 Jerusalem Artichoke  
 Kale (personal favorite)  
 Kohlrabi  
 Leeks  
 Mustard Greens  
 Okra  
 Onions: Red, white,  
 Vidalia  
 Parsley  
 Parsnip  
 Peas  
 Pumpkin  
 Rhubarb  
 Romaine Lettuce  
 Scallions  
 Shallots  
 Snow Peas  
 Spinach  
 Sprouts: Alfalfa, Lentil, Mung  
 Bean, Pea, Sunflower  
 Squash: Acorn, Butternut,  
 Spaghetti, Zucchini  
 String Beans  
 Swiss Chard  
 Tomato  
 Turnip  
 Turnip Greens  
 Watercress