

Dr. Alfman's Shopping List

Proteins: Hormone-free, antibiotic-free, free range and organic if possible.

- Beef
- Chicken, Turkey
- Fish (not farm raised)
- Eggs

Lentils/ Rice/ Nuts:

- Lentils
- Brown Rice
- Wild Rice
- Nuts (not coated or seasoned)

Vegetables: Eat more veggies than fruit, and get organic if possible. If you have never tried some of these, go ahead, you may find something you really like and never knew it before.

- Artichokes
- Asparagus
- Beets (steamed or shredded raw on salads)
- Bok choy (one of those things I tried and loved)
- Broccoli (steamed)
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumbers
- Eggplant
- Kohlrabies
- Lettuce (darker the better)
- Peppers
- Radishes

Extras:

- Chives
- Garlic
- Leeks
- Mushrooms
- Onions

Fruit: Fresh or frozen, organic if possible

- Apples
- Apricots (raw)
- Avocados
- Bananas
- Berries (all types)
- Cantaloupe
- Cherries
- Cranberries
- Figs
- Grapefruit (be careful with some medications)
- Grapes
- Honeydew
- Kiwi
- Lemons / Limes
- Mangos
- Nectarines
- Oranges
- Papayas
- Peaches
- Pears
- Pineapple
- Plum
- Tangerines
- Tomatoes

Cooking oils:

- Coconut oil
- Extra-virgin olive oil
- Butter (low heat)

Non-cooking oils:

- Fish / cod liver oil
- Flax oil (easy to add to salad dressings with vinegar)

Basic supplements (from Standard Process)

- Catalyn
- Cruciferous Complete