

Dr. Dean's Healing Food Shopping List

VEGETABLES:

- Artichoke
- Arugula
- Asparagus
- Avocados (fruit)
- Beets / Beet Greens
- Bell Peppers
- Bok Choy
- Broccoli
- Broccoli Rabe
- Brussels Sprouts
- Cabbage
- Carrots
- Celery
- Collards
- Cucumber
- Eggplant
- Garlic
- Green Beans
- Jerusalem Artichoke
- Kale
- Mushrooms
- Olives
- Onions
- Parsnip
- Peppers (all kinds)
- Pumpkin
- Radish
- Romaine Lettuce
- Sea Vegetables
- Spinach
- Squash
- Tomatoes (fruit)
- Turnip Greens
- Watercress
- Wheat Grass

In Moderation

- Brown/Wild Rice
- Beans

- Tuber/Roots (Sweet Potatoes, yams, potato)
- Quinoa

FRUITS

- Blackberries
- Blueberries
- Cranberries
- Goji Berries
- Raspberries
- Strawberries

In Moderation

- African Mango
- Apple
- Apricot
- Banana
- Cantaloupe
- Camu-Camu
- Cherries
- Coconuts
- Figs
- Grapefruit
- Grapes
- Indian Gooseberry
- Lemon
- Lime
- Mango
- Nectarine
- Orange
- Papaya
- Peaches
- Pears
- Pineapple
- Plums
- Pomegranate
- Rhubarb
- Watermelon
- All other fruits

MEAT (Organic, Grassfed)

- Beef
- Bison
- Chicken
- Duck
- Eggs
- Lamb
- Turkey
- Quail and other wild game
- Venison and other wild game
- Uncured bacon and lunch meats

FISH (Wild Caught only, NO Farm Raised)

- Anchovies
- Bass
- Cod
- Grouper
- Haddock
- Halibut
- Herring
- Mackerel
- Mahi Mahi
- Red Snapper
- Salmon
- Sardines
- Seabass
- Trout
- Tuna
- Walleye
- X NO Shellfish

NUTS AND SEEDS (raw or dry roasted)

- Almonds
- Brazil Nuts
- Chia Seeds
- Flax Seeds
- Hemp Seeds

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