Dr. Dean's Healing Food Shopping List

- Hazelnuts
- Macadamia
- Pecans
- Pine Nuts
- Pistachios
- Pumpkin Seeds
- Walnuts
- Nut Butters
- Seed Butters

In Moderation

- Peanuts

FATS / OILS (Organic Unrefined)

- Avocado Oil
- Almond Oil
- Butter (pastured/grassfed)
- Coconut Oil/Milk
- Ghee
- Grapeseed Oil
- Macadamia Oil
- Olive Oil
- Sesame Oil
- Palm Oil
- Walnut Oil

X NO Vegetable Oils (corn, canola, peanut, safflower, sunflower, ect.)

Dairy (Raw or Low-Temp Processed)

- Cheese
- Goat Milk
- Goat Cheese
- Kefir (Cultured Goat Milk)
- Sheep Cheese
- Sheep yogurt

X No Processed Cheese

SPICES AND HERBS

- Basil
- Black Pepper
- Cayenne Pepper
- Chili Pepper
- Cilantro
- Coriander Seeds
- Cinnamon
- Cloves
- Cumin
- Dill
- Fennel
- Garlic
- Ginger
- Mint
- Mustard Seeds
- Nutmeg
- Oregano
- Paprika
- Parsley
- Peppermint
- Rosemary
- Sage
- Tarragon
- Thyme
- Turmeric

CONDIMENTS

- Apple Cider Vinegar
- Balsamic Vinegar
- Coconut Vinegar
- Coconut Aminos
- Cocoa
- Extracts (Vanilla/Almond)
- Guacamole
- Hummus
- Mustard (Stone Ground)
- Mayo (Grapeseed Oil)
- Salsa
- Sea Salt, Celtic Salt, Himalayan Salt,
- Tamari

FLOURS

- Almond
- Coconut
- Hazelnut
- Garbanzo
- Ground Flaxseed
- Chia Seeds

SWEETENERS IN MODERATION

- Raw Honey
- Stevia

BEVERAGES

- Almond Milk
- Coconut Kefir
- Coconut Milk
- Cultured Whey
- Green Tea
- Kombucha
- Raw Vegetable Juice
- Sparkling Water
- Spring Water (filtered, distilled)

OCCASIONAL INDULGENCES

- Dark Chocolate
- Red Wine
- Stout Beer

FOUDATION SUPPLEMENTS

- Coenzyme Q 10 (100mg)
- Greens Powder
- Multi-Vitamin
- Magnesium 400 mg/day
- Omega-3 Fish oil EPA/DHA 1 gram/day
- Probiotic
- Vitamin-D 1000-4000 mg/day

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