



# I'm Sweet Enough- Shopping Guide<sup>© v3.2</sup>

## List of Real Food & Minimally Processed Food

“The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison.”

~Ann Wigmore

Vegetables		Fruit		Carbohydrate	Protein	Miscellaneous
<b>Salads &amp; Snacks</b>	<b>Hearty Veg</b>	Apples	Lemons/Lime	<b>Grain – Preferred</b>	<b>Animal Based Options</b>	<b>Including Condiments</b>
Arugula	Asparagus	Apricots	Lychees	Amaranth Barley	Eggs ( <i>Select Free Range Organic</i> )	Bran
Carrots	Artichokes	<i>Avocado*</i>	Mandarin	Bulgur Buckwheat	Fish/Shellfish ( <i>Canned/Fresh/Frozen</i> )	Herbs ( <i>Dried</i> )
Celery	Beets	Bananas	Mango	Farro Freekeh	Game Meat	Horseradish
Cherry Tomatoes	Bok Choy	Berries	Melons (All)	Millet Kaniwa/Teff	Poultry	Hot Sauce
Chicory	Broccoli	Blackberries	Nectarines	Oats ( <i>Flakes/Steel Cut/Scottish preferred</i> )	Rabbit	Mustard
Cucumbers	Brussel Sprouts	Blueberries	Oranges	Porridge Red River Cereal		Mustard Powder
Daikon Radish	Cabbage	Cranberries	Papaya	Spelt/Kamut/Rye Flakes	<b>Dairy Based Protein Options</b>	Capers
Endive	Cauliflower	Raspberries	Peaches	Quinoa or Quinoa Flakes	Cottage Cheese	Popcorn ( <i>Plain</i> )
Green onions	Collard Greens	Strawberries	Pears	Wheat Germ	Greek Yoghurt ( <i>Plain</i> )	Psyllium Husk
Jicama	Eggplant	Cherries	Pear (Asian)	<b>Grain – Secondary Choices</b>	Icelandic Yoghurt ( <i>Plain</i> )	Salsa
Lettuce	Fennel	Clementine	Persimmons	Shredded Wheat ( <i>Plain</i> )	Labneh Yogurt	Seaweed
Iceberg	Fiddleheads	<i>Coconut*</i>	Pineapple	Whole Wheat Bread	Ricotta Cheese	Soy Sauce
Romaine	Green Beans	Currants	Plums/Damson	Wrap/Flat Bread/Pita ( <i>Ezekiel Preferred</i> )	<b>Secondary Protein Options:</b>	Spices
Spinach	Kale	Dragon Fruit	Pomegranate	Whole Grain Crackers ( <i>Such as Finn crisp or Wasa</i> )	Beef/Pork/Veal ( <i>Round or Loin</i> )	Stock
Spring Mix	Kohlrabi	Fig ( <i>fresh</i> )	Pomelo	<b>Starch Based</b>	Lamb ( <i>Select Leaner Cuts</i> )	Vinegars
Mushrooms	Leeks	Grapefruit	Tangerines	<b>Pasta Whole Wheat/Spelt/Kamut or Soba Noodles</b>	Sugar Free Cured Meats	Wasabi/Miso Paste
Peppers	Mustard Greens	Grapes	Rhubarb	Rice ( <i>Brown, Red, Wild</i> )	<b>Plant Based Proteins</b>	Worcestershire Sauce
Radicchio	Okra	Guava	Star Fruit	Whole Wheat Couscous	Edamame	<b>Dietary Fats</b>
Radishes	Onions/Garlic	Kiwi	Watermelon		Legumes/Peanuts & Lentils	Avocado
Shallots	Parsnips	Kumquat	Ugli Fruit	<b>Dairy &amp; Alternatives</b>	Soy/Tofu /Tempeh	Butter
Snap Peas	Rapine	Dried Fruit with No Added Sugar		Milk ( <i>1%/2% 3% M.F.</i> )	Quinoa	Unsweetened Coconut ( <i>Shredded or flaked</i> )
Sprouts	Rutabagas	<i>*Avocados &amp; Coconut are considered Dietary Fat</i>	<b>Starch Vegetable</b>	Buttermilk/Kefir ( <i>Plain</i> )	Nut Butters ( <i>One Ingredient Only</i> )	Unsweetened Coconut ( <i>Shredded or flaked</i> )
Tomatoes	Snow Peas		<b>Squash</b>	Unsweetened Fortified Beverage ( <i>Almond, Rice, Soy, etc.</i> )	<b>Plain Nuts &amp; Seeds</b>	Cream ( <i>5%, to 18% M.F.</i> )
Watercress	Swiss Chard		<b>Other:</b>	Plain Yoghurt	Almond	Sour Cream
	Tumips		Corn	Cheese	Brazil Nut	Oils:
	Zucchini		Peas		Cashew	<i>Avocado/Coconut/Olive/Peanut/ Sesame, etc.)</i>
<b>Herbs</b> ( <i>Fresh</i> )			Potatoes		Chestnuts	Olives
Basil			Yams		Hazelnut	Mayonnaise ( <i>Sugar Free</i> )
Chives	Mint		Sweet Potato		Macadamia	Nuts & Seeds ( <i>Plain</i> )
Cilantro	Oregano		Taro		Pecan	
Dill	Parsley		Yucca		Pistachio Nut	
Ginger	Rosemary				Walnut	
Marjoram	Sage					
	Thyme					
				<b>Beverages</b>		
				Water ( <i>Still or Sparkling</i> )	Coffee/Tea ( <i>Decaf preferred</i> )	



Founder: Tony Vassallo  
[Tony@ModaNutrition.com](mailto:Tony@ModaNutrition.com)