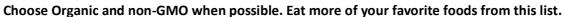
Winter Grocery List

(November-February)

- Eat more foods that are **Sweet, Sour, Salty / Heavy, Oily, Moist, Hot**: such as soups, stews, steamed veggies, and more fat and protein.
- Eat **less** foods that are Pungent (Spicy), Bitter, Astringent / Light, Cold, Dry: such as salads, smoothies, cold foods and beverages, crackers, chips and salsa.
- Curious about a food not on this list? Taste it. If it has 2 of the 3 winter tastes (sweet, sour and salty), it is balancing. Prepare it in a way that is moist, oily, heavy and/or warm.



*An asterisk means that this food is a Winter Superfood. If you like it, eat more of it.

VEGETABLES	FRUIT	SPICES	NUTS & SEEDS	LEGUMES
Cook all vegetables and	Favor sweet, sour or	Most spices and herbs	Most nuts and seeds	Mung – split, yellow
add a healthy oil, such as	heavy fruits. Eat fruit	are good:	are good:	Tofu
ghee, and warming	separately from other	*Anise	*Almonds	Tota
spices. Favor root	foods. Serve warm:	*Asafetida	*Brazil Nuts	BEVERAGES
vegetables:	Apples, cooked	*Basil	*Cashews	Favor warm-hot drinks
Artichokes, hearts	Apricots	Bay Leaf	Coconuts	that are low in caffeine
*Avocadoes	*Bananas	*Black Pepper	*Filberts	and alcohol:
*Beets	Blueberries	Caraway	*Flax	Alcohol (moderation)
*Brussels Sprouts	Cantaloupe, with lemon	*Cardamom	Lotus Seed	Black Tea (moderation)
*Carrots	Cherries	Cayenne	*Macadamias	Coffee (moderation)
*Chilies	Coconuts, ripe	Chamomile	*Peanuts, raw	Water (warm or hot)
Corn	Cranberries, cooked	*Cinnamon	*Pecans	water (warm or not)
Fennel	*Dates	Clove	*Pinons	HERB TEAS
	*Figs	Coriander	*Pistachios	Choose warming and/or
Eggplant, cooked *Garlic	*Grapefruit	*Cumin	Sunflower	calming teas, such as:
Ginger	*Graperuit	Dill	*Walnuts	*Cardamom
_		*Fennel	walliuts	*Chamomile
Hot Peppers Leeks	Guava *Lemons		DAIRY	*Cinnamon
Okra	*Limes	Fenugreek Garlic	All dairy is good, ideally	*Cloves
		*Ginger		
Onions	*Mangoes	Horseradish	at room temperature or	*Ginger
Parsley	Nectarines		warm (such as boiled	*Orange Peel
Potatoes, mashed	*Oranges	Marjoram	milk). Favor raw or	WILLOUE CRAINS
*Pumpkins	*Papayas	Mustard	vat-pasteurized.	WHOLE GRAINS
Seaweed, cooked	Peaches	Nutmeg	*Butter	Most grains are good.
Squash, Acorn	Pears, ripe	Oregano	*Buttermilk	Best eaten warm, moist
*Squash, Winter *Sweet Potatoes	*Persimmons	Peppermint Pepper Soods	*Cheese	and with a healthy oil: *Amaranth
*Tomatoes	Pineapples	Poppy Seeds	*Cottage cheese *Cream	
	Plums	Rosemary		Buckwheat (moderation)
Turnips	Strawberries	*Saffron	*Ghee	Millet (moderation)
OILS	*Tangerines	Sage	*Kefir	*Oats
	MATAT O FIGUR	Spearmint	Milk, not cold	*Quinoa
Most (healthy) oils:	MEAT & FISH	Tarragon	Non-Dairy substitutes	Rice
*Almond	All meat, eggs and fish	Thyme	Sour Cream	*Rice, Brown
*Avocado	are good:	*Turmeric	Yogurt	Rye (moderation)
*Canola	*Beef	CONDINAENTS	CIMPETENIEDS	*Wheat
*Coconut	*Chicken	CONDIMENTS	SWEETENERS	
*Flax	*Crabs	Favor sweet, sour	Most natural whole	Learn more in
*Mustard	*Duck	and salty tastes:	foods sweeteners, in	The 3-Season Diet
*Olive	*Eggs	Carob	moderation:	book by Dr. John Douillard
*Peanut	*Fish, freshwater & ocean	Dulse	Honey - Raw	Tales the 2 Course Di
*Safflower	*Lamb	Fermented foods	*Maple Syrup	Take the 3-Season Diet
*Sesame	*Lobster	Lemon or Lime	*Molasses	Challenge: It's FREE!
Sunflower	*Oysters	Mayonnaise	Sugar, Raw	12 Months of
	*Pork	Pickles	*Rice Syrup	Seasonal Guidance.
	*Shrimp	*Salt		Recipes, videos, articles,
	*Turkey	Vinegar		bonus blogs, special coupons.
	*Venison			<u>LifeSpa.com</u>

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