

Anti-Cancer Grocery List

Fruits:

- ___ apples
- ___ avocados
- ___ bananas
- ___ berries: straw, blue, rasp, black, mixed
- ___ cantaloupe
- ___ dates
- ___ grapes
- ___ lemons
- ___ mango
- ___ melon
- ___ oranges
- ___ peaches
- ___ pears
- ___ pineapple
- ___ plums
- ___ tomatoes
- ___ watermelon

Grains:

- ___ Ezekiel bread
- ___ quinoa, millet, bulgar wheat, oatmeal

Nuts and Seeds:

- ___ cashews, pecans, walnuts, almonds
- ___ sunflower seeds, pumpkin seeds
- ___ nut butter: _____

Oils, Teas, Spices, Superfoods, etc.

- ___ chamomile, green, Pau d' Arco, Essiac
- ___ olive oil, coconut oil, flaxseed
- ___ goji, hempseed, maca
- ___ stevia, dates

Dairy:

Veggies/ Greens

- ___ arugula
- ___ asparagus
- ___ beets
- ___ bok choy
- ___ broccoli
- ___ broccoli slaw
- ___ brussels sprouts
- ___ cabbage
- ___ carrots
- ___ celery
- ___ cauliflower
- ___ chard
- ___ coconuts
- ___ cucumber
- ___ eggplant
- ___ garlic
- ___ greens: mixed, arugula
- ___ fresh herbs: _____
- ___ kale: dinosaur, purple, green
- ___ lentils, beans: _____
- ___ mushrooms: shitake, baby, portabella
- ___ onions: red, yellow, green, white
- ___ parsley
- ___ peppers: red, yellow, orange, green, hot
- ___ romaine lettuce
- ___ spinach
- ___ squash: acorn, yellow, spaghetti
- ___ sweet potatoes
- ___ zucchini
- ___ watercress

Meat:

- ___ Alaskan sockeye salmon

