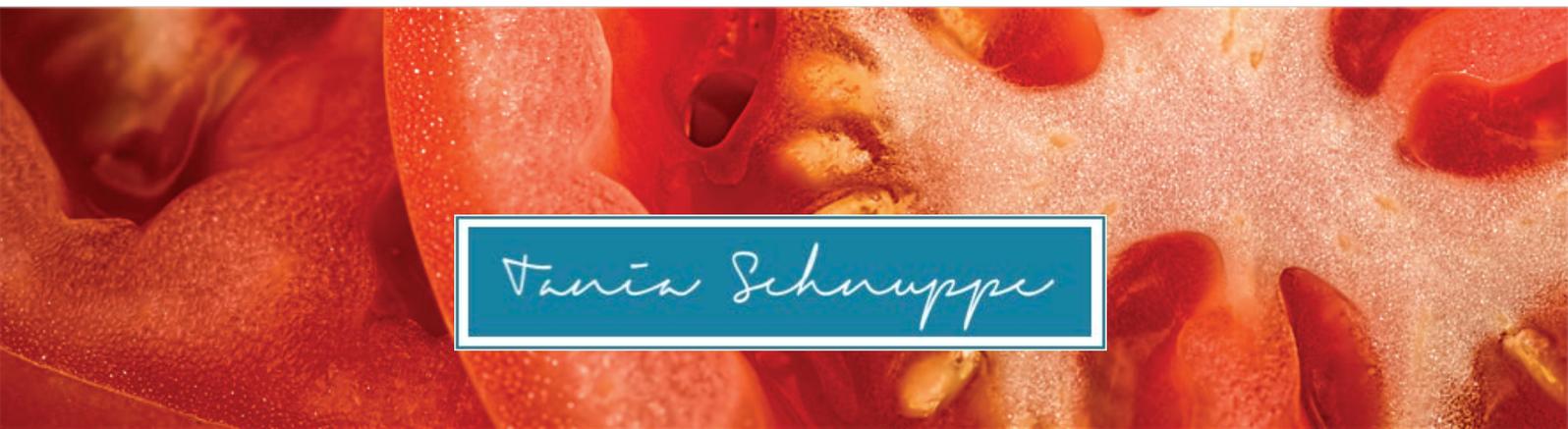
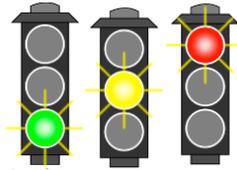




ULTIMATE SHOPPING LIST

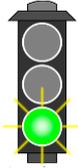


Tania Schruppe



Traffic Light FOODS

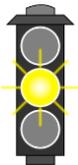
Ultimate Shopping List



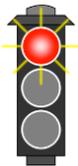
These foods are Green light meaning you can have these without thinking about your diet or if what you are eating is right or not right. It's great. Follow the serving instructions but go to your daily calorie amounts. You will need to scale up if you are body building or down if you want to loose weight. To calculate your [Caloric needs Calculator](#) and enter this into [Cromometer.com](#)

Your Meal Plate should be mostly good slow releasing carbohydrates which includes all whole vegetables, fruit and whole (un-refined) grains, starches so around 80% of your plate with this, then add fruit, and sparing nuts, seeds and avocado.

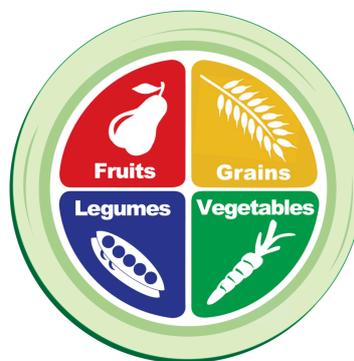
Cook with no oil, sugar or salt and season with herbs and vinegars and fruit juice dressings. See all recipes for sauces and dressings.



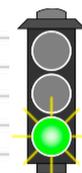
These foods should be used sparingly or if possible just cut them out. You could think of it as a treat or seldom to have.



Red light foods are foods that you should not be eating, are bad for your health, cause inflammation in the body and just should be got rid of from your diet as they will not do your health any good. If you eat these red light foods enjoy the moment and have as a super special treat but be conscious about it so that you are in control and the red light food does not the control over you.:

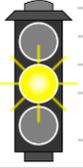


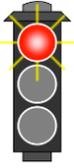
This shopping list was inspired by Drs like Michael Gregor, John McDougall, Gabriel Cousins and some of the Vegan You Tubers that do all the research... Compiled with love. Let it be your go to list for shopping.



GRAINS		
WHOLE GRAINS	GREENS	WINTER SQUASHES
Barley – contains gluten	Mesclun mix (assorted young salad greens)	Acorn
Brown rice	Sorrel	Buttercup
Buckwheat	Spinach	Butternut
Bulgur (cracked wheat)	Sorrel	Hubbard
Corn (corn is also a fruit)	Spinach	Pumpkin
Couscous (refined wheat – caution)	Swiss chard	Turban squash
Millet	Turnip greens	
Oats – contains gluten		FRUITS
Quinoa (pronounced “keen-wa”)	VEGETABLES	BERRIES
Popcorn	Aduki beans	Acai berries
Rye – contains gluten	Artichoke	Barberries
Teff -	Asparagus	Blackberries
Triticale -- contains gluten	Chicory (curly endive)	Blueberries
Wheat berries	Cocozelle	Cherries
Wild rice	Collard greens	Concord grapes with seeds if possible to find
Sprouted wild rice	Beets / beetroot	Cranberries (in season Nov – Jan)
	Bell peppers (all colours)	Goji berries
LEGUMES	Carrot	Kumquats
BEANS & LENTILS (Quality Protein):	Cucumber (it's a fruit but found in the veg section)	Mulberries
Black beans	Daikon	Raspberries (black or red)
Black-eyed peas	Endive	Strawberry
Brown lentils	Garlic	
Butter beans	Jicama	FRUITS
Cannellini beans	Kohlrabi	Apple (organic)
Chick peas	Mushrooms	Apricot
Edamame	Okra	Apricot dried
English peas	Onion	Avocado
Gabanzo beans (chickpeas)	Radicchio	Banana
Great Northern beans	Rugula	Cantaloupe
Green lentils	Salsify	Clementine
Lentils (beluga, French and red varieties)	Sea vegetables (arame, dulse, nori)	Carambola
Kidney beans	Sprouts (alfalfa, lentil, mung bean, wheat)	Cherimoya
Miso	Snap peas	Dates (medjule are the best)
Navy beans	Swiss chard	Dried fig
Pinto beans	Taro root	Grapefruit
Red lentils	Tomato	Guava
Small red beans	Water chestnuts	Honey dew melon
Tempeh	Watercress	Kiwifruit
Yellow lentils	Zucchini	Kumquat
	(Green and yellow vegetables are low in calories so you can eat unlimited, but do not make them the centre piece of your plate)	Lemon
VEGETABLES		Lime
CRUCIFEROUS VEGETABLES	ROOT VEGETABLES	Loquat
Arugula	Burdock	Lychee
Bok choy	Celeriac (celery root)	Mango
Broccoli	Jerusalem artichoke (Sunchoke)	Nectarine
Brussels sprouts	Jicama	Orange
Cabbage	Parsnips	Papaya
Cauliflower	Rutabaga	Passion fruit
Collard Greens	Rhubarb	Peach
Horseradish	Sweet potato	Pears
Kale – all	Tapioca	Persimmon
Mustard greens	Taro root	Pineapple
Radishes	Water chestnut	Plum
Turnip greens	White potato	Pluot
Watercress	Yams	Pomegranate
GREENS		Prune
Beet greens		

FRUITS			FOODS TO HAVE SPARINGLY
FRUITS		White tea – most favoured drink on the list	FATS
Pummelo		Vegetable juices freshly juiced	All Nuts
Quince			Seeds
Soursop		HERBS & SPICES	Flax seeds/linseeds (I recommend 1-3 tbs a day = good omega 3)
Tangerine		Allspice	Avocado
Watermelon		Barberry	
<small>(High in simple sugars so limit to 3 servings a day as advised by Dr John McDougall)</small>		Basil	NUT BUTTER
OTHER ESSENTIALS		Bay leaf	Almond
NUTS & SEEDS		Cardamom	Walnut
Allspice		Chili powder	Brazil
Barberry		Clove	Peanut
Basil		Coriander / cilantro	
Bay leaf		Cinnamon	KEFIR
Cardamom		Cumin	Coconut water kefir
Chili powder		Curry Powder	Coconut mylk kefir
Clove		Dill	Water kefir
Coriander / cilantro		Fenugreek	
Cinnamon		Garlic	FERMENTED FOODS
Cumin		Ginger	Sauerkraut
Curry Powder		Horseradish	Tempeh
Dill		Lavender	Fermented miso
Fenugreek		Lemongrass	Kefir
Garlic		Marjoram	
Ginger		Moringa leaf (or powder)	SUGAR SUBSTITUTES
Horseradish		Mustard powder	Date sugar
Lavender		Mustard seeds	Date syrup
Lemongrass		Nutmeg	Maple syrup
Marjoram		Oregano	Molasses
Moringa leaf (or powder)		Smoked paprika	Stevia - So far no bad reports on this but best to take date syrup for most nutrients
Mustard powder		Parsley	UNREFINED FLOURS
Mustard seeds		Peppermint	Barley
Nutmeg		Rosemary	Rice
Oregano		Saffron	Buckwheat
Smoked paprika		Sage	Rye
Parsley		Thyme	Corn
Peppermint		Turmeric	Soy
Rosemary		Vanilla	Garbanzo beans
Saffron			Triticale
Sage		FROZEN	Lima bean
Thyme		Frozen berries	Wheat
Turmeric		Frozen Peas	Oat
Vanilla		Frozen spinach	Whole wheat flour
			Potato
		SUPPLEMENTS	
SIPS & DRINKS		Vitamin B12 250 mcg daily or 2,500mcg weekly	EGG FREE PASTAS
Black tea		Vitamin D 2,000 IU per day (if you live in a hot country get the sun early morning and late afternoon, no toxic sunscreen)	bean threads
Chai tea			somen
Vanilla chamomile tea		Miso (low salt)	buckwheat soba
Bullt proof coffee or longevity coffee (alkaline and		Maca powder	udon
Earl grey tea		Hemp powder	rice noodles
Fruit infused tea		Cordyceps	
Green tea		Reiski mushroom (your second lung)	<small>These are made from highly refined flours so should play a small role in your diet or leave out!</small>
Hibiscus tea		Spirulina	
Jasmine tea		Milk thistle	
Lemon balm tea		Blue green algae	
Hot chocolate with raw cacao and nut mylk		Edible minerals / bentonite clay (iron ++)	
Matcha tea		Chlorella	
Almon blossom oolong tea		Slippery elm	
Peppermint tea			
Rooibos tea			
Water – distilled or reverse osmosis			





RED LIGHT FOODS

The following is a list of the foods that are not allowed on the McDougall Program, with ideas for possible substitutions.

DON'T EAT	SUBSTITUTE
	Low fat soy mylk, almond mylk rice milk, fruit juice, water, use extra when cooking hot cereal or pour over cold cereal
Cow's Milk (for cereal or cooking)	
Cow's Milk (as beverage)	None; drink water, juice, herb tea, or cereal beverages or nut mylks
Butter	None
Cheese	None; after 12 days you may substitute soy- and nut-based cheeses - these are high fat and processed and a red light food too
Cottage cheese	None; after 12 days you may substitute crumbled tofu
Yogurt	None, try mylk yoghurts like coconut or soy
Sour cream	None
Ice cream	Pure fruit sorbet, frozen juice bars, frozen fruit blended icecream
Eggs (in cooking)	Flax egg, applesauce (cooking apples cooked in water)
Eggs (for eating)	None
Meat, poultry, fish	Starchy vegetables, whole grains, pastas, and beans; after 12 days you may substitute tofu "meat" recipes
Mayonnaise	Tofu mayonnaise, potato mayo, see Tania's recipes
Vegetable oils (for pans)	None; use Teflon pans or cast iron enamelled pans like Le Cruset
Vegetable oils (in recipes)	None; omit oil or replace with water, mashed banana, or applesauce for moisture
White rice (refined)	Whole grain (brown) rice or other whole grains
White flour (refined)	Whole grain flours -very minimal
Refined and sugar-coated cereals	Make a cereal out of any of the grains listed
Coconut	None
Chocolate	Carob powder, raw cacao
Coffee, decaffeinated coffee, and black teas	Non-caffeinated herb tea, cereal beverages, hot water with lemon
Colas and un-colas	Mineral water or seltzer (flavoured or plain)

