



GROCERY LIST

Shop with the Doc Food List

CARBS

APPROVED:

Romaine Lettuce	Asparagus
Iceberg lettuce	Cucumbers
Spinach	Red, Green, Yellow peppers
Whole carrots	Eggplant
Radishes	Mushrooms
Sweet potatoes	Red raspberries
Broccoli	Blackberries
Cauliflower	Strawberries
Brussel sprouts	Blueberries

CAUTION:

Steel cut oats	Red onions
Lentils	Scallions
Chick peas	Vidalia onion
Wild rice	Shallots
Green beans	Whole milk (grass fed)
Navy beans	Ezekiel Bread
Black beans	Pumpernickel bread
Lima beans	Gluten-free bread
Peas	Oranges
Acorn squash	Grapefruit
Butternut squash	Peaches
Yellow squash	Nectarines
Beets	Apples
Roma tomatoes	Pears
Cherry tomatoes	Pomegranate
Green tomatoes	

DO NOT USE

Bananas	Yukon gold potatoes
Cantaloupe	Quick oats (minute)
Honey Dew	Quinoa
Watermelon	Skim milk
Pineapple	Grain fed milk
Mango	Granulated sugar
Papaya	Brown sugar (dark and light)
Cherries	Powdered sugar
Grapes	Bread
Figs	Noodles/pasta
Dates	Cereal
Brown Rice	Crackers
White Rice	Cookies
Red potatoes	Chips
Russet potatoes	Muffins

PROTEINS APPROVED:

Pheasant	Clams
Venison	Lobster
Rabbit	Cod
Squirrel	Greek yogurt, plain (grass-fed)
Turkey	Cheese
Chicken	Cottage cheese
Eggs – free range and store-bought	Pork loin
Beef – grass fed	Lamb
Tuna	Goat
Mackerel	Bison
Char	Trout
Wild salmon	Perch
Sardines	Nuts
Swordfish	Almond butter
Shrimp	Protein Powder – Tera's Whey, Pro mix, Naked Whey
Crabs	

CAUTION:

Farmed fish– salmon, tilapia
Tofu
Non-animal source protein powder – soy, pea, etc.

DO NOT USE:

Corn-fed beef

FATS**APPROVED:**

Butter
Lard
Heavy cream
Olives
Olive oil
Macadamia nuts
Avocados
Coconut oil
Nut butters

CAUTION:

Avocado oil
Grapeseed oil
Peanut oil
Sesame seed oil

DO NOT USE:

Margarine
Corn oil
Rapeseed oil
Vegetable oil
Soybean oil
Canola oil