

Practitioner & business name

Address

Phone number

Email

Website

Phyto-Power Grocery List

You have the power to promote health and wellness right in your kitchen!

Once you have committed to improving your eating habits, the next step is preparation. Having a well-stocked refrigerator, freezer, and pantry makes meal preparation less time-consuming and more pleasurable! Also, the more you plan, prepare, and cook at home, the further you can stretch your budget.

Tip: It is important to be nourished, not hungry, before grocery shopping to avoid impulse buying.

Buying tips:

- **Buy only from Phyto-Power grocery list:** Choose store brands when possible for lower cost.
- **Farmers' markets (localharvest.org):** Produce bought in season often comes at a lower cost, is more flavorful, and can be frozen for future use.
- **Bulk buying:** Buy dry beans, grains, rice, nuts & seeds, or flours that you use frequently in bulk to save.
- **Ethnic markets** offer unique foods and spices oftentimes at a lower cost than your local grocery store.
- **Refer to the Environmental Working Group (ewg.org):** When possible, buy organic produce from the Clean Fifteen to reduce exposure to pesticides. (**Tip:** This list is updated every year.)
- **Follow food safety guidelines (foodsafety.gov):** Visit [FoodSafety.gov](http://foodsafety.gov) for tips on proper storage of foods in refrigerator or freezer.

	Fresh	Frozen	Pantry (dry and canned)
Pros	When eaten in season, fresh options offer high nutritional value and flavor.	Frozen foods allow for longer storage of fruits, vegetables, and meats.	Pantry foods have a long shelf-life. Pantry items can be purchased in bulk to extend grocery budget.
Cons	Fresh foods need to be consumed quickly.	Greens typically do not freeze well. Proper storage is required to prevent freezer burn and loss of flavor.	Canned goods may contain BPA.
Food safety	Set refrigerator at 40° F or below.	Set freezer at 0° F or below.	Follow appropriate canning procedures if bottling your own goods!
Tips	Fresh produce & herbs keep well for an average of 3-4 days.	Meats, depending on meat type, last generally 3-12 months in freezer.	Keep herbs and spices in a cool dry place—not above the oven. Try growing your favorites!

Grocery list:

Fruit

- Apples
- Applesauce, unsweetened
- Apricots (fresh)
- Bananas
- Berries
- Cantaloupe
- Figs (fresh)
- Grapefruit
- Kiwi
- Lemon
- Lime
- Mangos
- Melons
- Nectarines & peaches
- Papayas
- Pear
- Pomegranate
- Prunes (fresh)

Tip: Fruit can be consumed raw, blended, or juiced.

Vegetables

- Artichoke
- Asparagus
- Bamboo shoots
- Beets & beet tops
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage
- Bell peppers
- Carrots
- Cauliflower
- Celery
- Cucumber
- Dandelion greens
- Eggplant
- Endive
- Garlic
- Kale
- Kohlrabi
- Leeks
- Lettuce—all types
- Mushroom
- Okra
- Onions
- Parsley
- Potato—all colors
- Red leaf chicory
- Sea vegetables
- Snow peas
- Spinach
- Squash
- Sweet potato
- Tomato
- Watercress
- Zucchini

Tip: Vegetables can be consumed raw, juiced, steamed, sautéed, or baked.

Proteins

- Cheese
- Eggs (typically last 3-5 weeks in shell, 1 week hardboiled)
- Meats (chicken, turkey, red meat)
- Fish (visit SeafoodWatch.org for sustainable seafood)
- Tofu/tempeh

Tip: Best to cook fresh meat within 2 to 3 days; once cooked, usually lasts 3 to 5 days.

Dairy/dairy alternative

- Almond
- Coconut
- Cow, goat, or sheep Milk
- Hemp
- Oat
- Yogurt

Tip: Dairy alternatives only last 7 days after opening. Choose organic dairy products when possible.

Beverages

- Tea—green, black, oolong, and herbal (noncaffeinated teas)
- Filtered water
- Seltzer water (free from sodium and artificial flavors)

Tip: Add fresh-cut berries, cucumbers, or herbs like mint to water or cold beverages for a refreshing new taste.

Canned & nonperishable (shelf-stable carton) containers

- Beans (chickpeas, cannellini, black, kidney, white)
- Fish (wild-caught tuna, sardines, salmon)
- Tomatoes (sauce, stewed, paste)
- Shelf-stable milks (almond, hemp, oat, rice, soy, flax, quinoa)
- Broth (organic bone, animal-based, miso, and vegetable)

Tip: Avoid dented cans and look for expiration dates.

Condiments and oils

- Coconut aminos
- Ghee—shelf-stable
- Lemon or lime juice
- MCT oil
- Mustard (nonsweet)
- Oils (extra-virgin olive oil, hemp, avocado)
- Raw unrefined coconut oil or butter—shelf-stable
- Tamari (wheat-free soy sauce)
- Vinegar—all types

Tip: Buy oils in dark bottles to prevent light oxidation. Store in cool place. Use within 3-6 months for optimal freshness.

Dried fruits

no added juice/sugar

- Dates
- Dried apricots
- Dried cranberries
- Golden raisins

Tip: Add to salads and wraps.

Herbs and spices

- Basil
- Bay leaves
- Black pepper
- Cardamom
- Cayenne pepper
- Cinnamon
- Curry powder
- Garlic powder
- Ginger powder
- Ground coriander
- Ground cumin
- Italian seasoning
- Mustard seeds
- Nutmeg
- Pink Himalayan salt
- Red chili pepper flakes
- Turmeric
- Vanilla extract

Nuts & seeds raw, unsalted, and no added sugar

- Almonds
- Brazil nuts
- Cashews
- Nut butters—all types
- Pecans
- Pistachios
- Pine nuts
- Walnuts
- Chia seeds
- Hemp seeds
- Sunflower seeds
- Sesame seeds

Tip: Buy in bulk for lower cost.

Whole grains & legumes (not instant versions)

- Dried beans
- Oats—steel cut, rolled
- Lentils—brown, pink, red, yellow
- Rice—brown, white, wild, or black (emperor's) rice
- Quinoa
- Whole grain bread and/or wraps

Tip: Batch-cook and save time.

Fresh items





Pantry items

Portions vs. servings

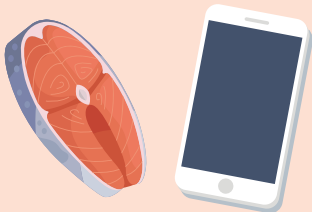

Portion control is an important aspect of a healthy, balanced diet. It is important to distinguish between portions and servings, especially when reading labels and planning meals. A portion is the amount of food you eat for a meal or snack. A serving is a set measurement of a specific food and identifies the nutritional value, including the number of calories.

Refer to your FirstLine Therapy Modified Mediterranean Food List for complete list of foods and exact measurements.




Carbohydrates:

<p>Raw leafy vegetables</p>  <p>2 cups = 2 baseballs</p>	<p>Cooked vegetables</p>  <p>½ cup = 1 tennis ball</p>	<p>Fruit</p>  <p>½ cup = 1 tennis ball</p>	<p>Grains & starches</p>  <p>⅓ cup = 1 closed fist</p>
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Proteins:

<p>Meat (fish, poultry, shellfish)</p>  <p>3 ounces = 1 phone</p>	<p>Cheese</p>  <p>2 ounces = 1 matchbook</p>	<p>Nuts & seeds</p>  <p>¼ cup = 1 egg</p>	<p>Legumes</p>  <p>½ cup = 1 mouse</p>
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Fats:

<p>Oils</p>  <p>1 teaspoon = 1 die</p>	<p>Nut butters</p>  <p>1½ tablespoons = 1 golf ball</p>	<p>Butter/ghee</p>  <p>1 teaspoon = 1 die</p>	<p>Other</p> <ul style="list-style-type: none">• Beverages• Condiments, herbs, & spices• Allowable sweeteners
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Smart snacking: Well-planned snacks are as important as balanced meals. Here are a few guidelines to consider when planning snacks.

- Establish boundaries around snacks. For example, avoid snacking late at night or when distracted, such as in front of the TV, to avoid mindless overeating.
- Choose snacks that are high in protein to help stabilize blood sugar and help you feel full longer. A boiled egg, a serving of cottage cheese, or an apple with nut butter are examples of high-protein snack options.
- Make healthy snacks convenient with a bit of prep. Aim to keep veggies sticks stocked in the fridge, single-serving bags of nuts and seeds in the pantry, and a bowl of fruit on the counter for quick and balanced snack options.

Weekly meal planner: Create your own menu plans using favorite or new recipes.

Steps:

- Create meals for the week with the intention of maximizing the ingredients for limited waste. Cook once but make multiple meals for later use (batch-cooking).
- Consider a meatless meal or new regional meal using herbs and spices of that country.
- Create a grocery list after completing meal plan(s), crossing off the ingredients you already have.
- Work closely with your lifestyle educator to cocreate your personalized menu plan.

Menu Planner							
Meals	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 Food consumed							
 Food consumed							
 Food consumed							
 Food consumed							
 Water/ Beverage							

For additional menu planning support, speak to your healthcare team about a personalized plan.

