

Spring Grocery List

(March - June)



John Douillard's
LifeSpa™

- Eat **more** foods that are **Pungent (Spicy), Bitter, Astringent / Light, Dry, Warm:** such as flavorful steamed veggies, brothy soups, brown rice.
- Eat **less** foods that are Sweet, Sour, Salty / Heavy, Cold, Oily: such as fried foods, ice cream, heavy dairy, breads.
- **Curious about a food not on this list?** Taste it. If it has 2 of the 3 spring tastes (pungent/spicy, bitter, astringent), it is balancing. Prepare it in a way that is light, dry and/or warm.

Choose Organic and non-GMO when possible. Eat more of your favorite foods from this list.

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

VEGETABLES	FRUIT	SPICES	LEGUMES	HERB TEA
*Alfalfa Sprouts Artichokes *Asparagus *Bean Sprouts Beets *Bell Peppers *Bitter Melon Broccoli *Brussels Sprouts *Cabbage *Carrots *Cauliflower *Celery *Chicory *Chilies, dried Cilantro *Collard Greens *Corn *Dandelion *Endive Fennel *Garlic Ginger *Green Beans *Hot Peppers Jicama *Kale Leeks *Lettuce *Mushrooms *Mustard Greens *Onions *Parsley *Peas *Potatoes, baked *Radishes Seaweed Snow Peas *Spinach *Swiss Chard *Turnips Watercress	Eat fruit separately from other foods. Apples Blueberries *Dried Fruit (all) Grapefruit Lemons, Limes Papayas Pears Pomegranates (sour) Raspberries Strawberries All Berries DAIRY Favor raw or vat-pasteurized. Ghee (moderation) Lowfat yogurt (moderation) Rice/Soy milk *Goat milk OILS Flax Hemp Coconut Oil SWEETENERS Favor natural whole foods sweeteners, in moderation: *Honey - Raw Maple Syrup Molasses	Anise Asafoetida Basil Bay Leaf *Black Pepper Chamomile Caraway Cardamom *Cayenne Cinnamon *Clove Coriander Cumin Dill Fennel Fenugreek Garlic Ginger Horseradish Marjoram Mustard Nutmeg Oregano Peppermint Poppy Seeds Rosemary Saffron Sage Spearmint Thyme Turmeric CONDIMENTS Carob Pickles	*All Sprouted Beans Adzuki Black Gram Garbanzo Fava *Kidney *Lentils *Lima *Mung Split Pea LEAN MEAT & FISH Chicken Duck (moderation) Eggs (moderation) Freshwater fish Lamb (moderation) Ocean fish (moderation) Turkey NUTS & SEEDS Filberts Pinons Pumpkin Sunflower WHOLE GRAINS Amaranth Barley Buckwheat Corn Millet Oats, dry Quinoa Rice, Brown, long grain Rye	Alfalfa *Cardamom *Chicory *Cinnamon *Cloves *Dandelion *Ginger *Hibiscus *Orange Peel *Strawberry Leaf BEVERAGES Black Tea (moderation) Coffee (moderation) Water (room temp. to hot) Learn more in <i>The 3-Season Diet</i> book by Dr. John Douillard Take the 3-Season Diet Challenge: It's FREE! 12 Months of Seasonal Guidance. <i>Recipes, videos, articles, bonus blogs, special coupons.</i> LifeSpa.com