

Summer Grocery List

(July-October)



John Douillard's
LifeSpa™

- Eat **more** foods that are **Sweet, Bitter, Astringent / Cool, Heavy, Oily**: such as salads, smoothies, fresh fruit.
- Eat **less** foods that are Pungent (Spicy), Sour, Salty / Hot, Light, Dry: such as spicy foods, hot beverages.
- **Curious about a food not on this list?** Taste it. If it has 2 of the 3 summer tastes (sweet, bitter, astringent), it is balancing. Prepare it in a way that is cool, heavy and/or oily.

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

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

VEGETABLES	FRUIT	LEGUMES	TEA
Alfalfa Sprouts	Eat fruit separately from other foods. *Apples *Apricots *Blueberries *Cantaloupe *Cherries (ripe) *Cranberries Dates Dried Fruit Figs *Grapes *Guavas *Mangoes *Melon (all) Nectarines Oranges (sweet) Papayas (small amounts) *Peaches (ripe and/or peeled) *Pears *Persimmons *Pineapple (sweet) *Plums (ripe) *Pomegranates (sour) *Raspberries *Strawberries Tangerines (sweet)	*Adzuki	*Chicory
*Artichokes		Bean Sprouts	*Dandelion
*Asparagus		*Black Gram	*Hibiscus
Avocados		*Fava	*Mint
Bean Sprouts		*Garbanzo	BEVERAGES
*Beet greens		Kidney	Water (room temp or cool)
*Bell Peppers		Lentils	SWEETENERS
*Bitter Melon		Lima	Favor natural whole foods sweeteners, in moderation:
*Broccoli		*Mung	Maple Syrup (small amounts)
*Cabbage		*Split Pea	Raw Sugar
*Cauliflower		*Tofu	Rice Syrup
*Celery		CONDIMENTS	NUTS & SEEDS
Chicory		Carob	Almonds
*Cilantro		Mayonnaise	*Coconut
Collard Greens		OILS	Flax
Corn		Almond	Macadamias
*Cucumbers		Avocado	Pine Nuts
*Dandelion		*Coconut	*Pumpkin
Eggplant		Flax	*Sunflower
Endive		*Olive	DAIRY
*Fennel		Ghee	Favor raw and vat-pasteurized.
Green Beans		HERBS & SPICES	Butter
*Jicama		Anise	Cheese (moderation)
*Kale		Asafoetida	Cottage Cheese
*Lettuce		*Chamomile	*Ghee
Mushrooms	*Coriander	Ice Cream	
Mustard Greens	Cumin	*Milk	
*Okra	Fennel	*Rice/Soy Milk	
Parsley	Peppermint	Learn more in	
Peas	Saffron	The 3-Season Diet	
Pumpkin	Spearmint	book by Dr. John Douillard	
*Radishes (moderation)	WHOLE GRAINS	Take the 3-Season Diet Challenge:	
*Seaweed	*Barley	It's FREE!	
*Snow Peas	Oat	12 Months of	
Spinach (moderation)	*Rice	Seasonal Guidance.	
*Squash, Acorn	Rye	<i>Recipes, videos, articles, bonus</i>	
Squash, Winter	Wheat	<i>blogs, special coupons.</i>	
Sweet Potatoes		LifeSpa.com	
Swiss Chard			
Tomatoes (sweet)			
Turnip Greens			
*Watercress			
*Zucchini			