

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					