

Winter (vata-balancing) Grocery List (November-February)



John Douillard's
LifeSpa™

- Eat **more** foods that are **Sweet, Sour, Salty / Heavy, Oily, Moist, Hot**: such as soups, stews, steamed veggies, and more fat and protein.
- Eat **less** foods that are Pungent (Spicy), Bitter, Astringent / Light, Cold, Dry: such as salads, smoothies, cold foods and beverages, crackers, chips and salsa.
- **Curious about a food not on this list?** Taste it. If it has 2 of the 3 winter tastes (sweet, sour and salty), it is balancing. Prepare it in a way that is moist, oily, heavy 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 Winter Superfood. If you like it, eat more of it.*

VEGETABLES	FRUIT	SPICES	NUTS & SEEDS	LEGUMES
Cook all vegetables and add a healthy oil, such as ghee, and warming spices. Favor root vegetables: Artichokes, hearts *Avocados *Beets *Brussels Sprouts *Carrots *Chilies Corn Fennel Eggplant, cooked *Garlic Ginger Hot Peppers Leeks Okra Onions Parsley Potatoes, mashed *Pumpkins Seaweed, cooked Squash, Acorn *Squash, Winter *Sweet Potatoes *Tomatoes Turnips	Favor sweet, sour or heavy fruits. Eat fruit separately from other foods. Serve warm: Apples, cooked Apricots *Bananas Blueberries Cantaloupe, with lemon Cherries Coconuts, ripe Cranberries, cooked *Dates *Figs *Grapefruit *Grapes Guava *Lemons *Limes *Mangoes Nectarines *Oranges *Papayas Peaches Pears, ripe *Persimmons Pineapples Plums Strawberries *Tangerines	Most spices and herbs are good: *Anise *Asafetida *Basil Bay Leaf *Black Pepper Caraway *Cardamom Cayenne Chamomile *Cinnamon Clove Coriander *Cummin Dill *Fennel Fenugreek Garlic *Ginger Horseradish Marjoram Mustard Nutmeg Oregano Peppermint Poppy Seeds Rosemary *Saffron Sage Spearmint Tarragon Thyme *Turmeric	Most nuts and seeds are good: *Almonds *Brazil Nuts *Cashews Coconuts *Filberts *Flax Lotus Seed *Macadamias *Peanuts, raw *Pecans *Pinons *Pistachios Sunflower *Walnuts	Mung – split, yellow Tofu
				BEVERAGES Favor warm-hot drinks that are low in caffeine and alcohol: Alcohol (moderation) Black Tea (moderation) Coffee (moderation) Water (warm or hot)
				HERB TEAS Choose warming and/or calming teas, such as: *Cardamom *Chamomile *Cinnamon *Cloves *Ginger *Orange Peel
			DAIRY All dairy is good, ideally at room temperature or warm (such as boiled milk). Favor raw or vat-pasteurized. *Butter *Buttermilk *Cheese *Cottage cheese *Cream *Ghee *Kefir Milk, not cold Non-Dairy substitutes Sour Cream Yogurt	WHOLE GRAINS Most grains are good. Best eaten warm, moist and with a healthy oil: *Amaranth Buckwheat (moderation) Millet (moderation) *Oats *Quinoa Rice *Rice, Brown Rye (moderation) *Wheat
OILS Most Unrefined oils: Vata: *Ghee *Unadulterated EV olive *High Oleic Sunflower *Unrefined Sesame Pitta: *Ghee *Unadulterated EV olive *High Oleic Sunflower *Coconut Kapha: reduce all oils: *Unrefined corn *Mustard *Flax, in small amounts	MEAT & FISH All meat, eggs and fish are good: *Beef *Chicken *Crabs *Duck *Eggs *Fish, freshwater & ocean *Lamb *Lobster *Oysters *Pork *Shrimp *Turkey *Venison	CONDIMENTS Favor sweet, sour and salty tastes: Carob Dulse Fermented foods Lemon or Lime Mayonnaise Pickles *Salt Vinegar	SWEETENERS Most natural whole foods sweeteners, in moderation: Honey - Raw *Maple Syrup *Molasses Sugar, Raw *Rice Syrup	Learn more in The 3-Season Diet 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