

Summer (pitta-balancing) 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 *Artichokes *Asparagus Avocados Bean Sprouts *Beet greens *Bell Peppers *Bitter Melon *Broccoli *Cabbage *Cauliflower *Celery Chicory *Cilantro Collard Greens Corn *Cucumbers *Dandelion Eggplant Endive *Fennel Green Beans *Jicama *Kale *Lettuce Mushrooms Mustard Greens *Okra Parsley Peas Pumpkin *Radishes (moderation) *Seaweed *Snow Peas Spinach (moderation) *Squash, Acorn Squash, Winter Sweet Potatoes Swiss Chard Tomatoes (sweet) Turnip Greens *Watercress *Zucchini	<p>Eat fruit separately from other foods.</p> <p>*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)</p> <p>MEATS</p> <p>Beef (moderation) Chicken Duck (moderation) Eggs (moderation) Freshwater Fish Lamb (moderation) Pork Shrimp (moderation) Turkey</p>	<p>*Adzuki Bean Sprouts *Black Gram *Fava *Garbanzo Kidney Lentils Lima *Mung *Split Pea *Tofu</p> <p>CONDIMENTS</p> <p>Carob Mayonnaise</p> <p>OILS</p> <p>Almond Avocado *Coconut Flax *Olive Ghee</p> <p>HERBS & SPICES</p> <p>Anise Asafoetida *Chamomile *Coriander Cumin Fennel Peppermint Saffron Spearmint</p> <p>WHOLE GRAINS</p> <p>*Barley Oat *Rice Rye Wheat</p>	<p>*Chicory *Dandelion *Hibiscus *Mint</p> <p>BEVERAGES</p> <p>Water (room temp or cool)</p> <p>SWEETENERS</p> <p>Favor natural whole foods sweeteners, in moderation: Maple Syrup (small amounts) Raw Sugar Rice Syrup</p> <p>NUTS & SEEDS</p> <p>Almonds *Coconut Flax Macadamias Pine Nuts *Pumpkin *Sunflower</p> <p>DAIRY</p> <p>Favor raw and vat-pasteurized. Butter Cheese (moderation) Cottage Cheese *Ghee Ice Cream *Milk *Rice/Soy Milk</p> <p>Learn more in The 3-Season Diet book by Dr. John Douillard</p> <p>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</p>