

VII. Recommended Foods

You can't create sustainable, healthy eating without knowing where to start. Below is a shopping list that will help as you plan your meals. You can download and print this same list at library.mannatech.com/10249 and use it as your TruHealth Shopping list.

Vegetables (organic)	Fruits (organic)	Eggs	Cloves
Artichokes	Apples*	Lean beef	Cumin
Asparagus	Apricots*	Salmon	Garlic
Bamboo shoots	Avocados (in moderation)	Tuna	Ginger
Bean sprouts	Bananas*	Turkey	Mint
Beets	Blackberries	Wild game	Oregano
Bok choy	Blueberries	Grains and Legumes (organic)	Paprika
Broccoli	Cherries*	Wild/brown rice	Parsley
Cabbage	Coconut	Oats	Pepper
Capsicum	Cranberries	Millet	Sea salt
Carrots	Grapes, red	Quinoa	Turmeric
Cauliflower	Grapes, white	Beans	Broths (ready-made, organic)
Celery	Grapefruit	Peas	Beef
Chillies	Kiwi	Lentils	Chicken
Chives	Limes	Oils (organic)	Vegetable
Coconut	Lemons	Coconut oil	Miscellaneous
Cucumbers	Mangoes*	Olive oil	Curry paste
Eggplant	Nectarines*	Flax seed oil	Mustard
Fennel	Oranges	Hemp seed oil	Dijon
Garlic	Papaya*	Grape seed oil	Carob powder
Kale	Peaches*	Nuts/Seeds	Cocoa powder
Leeks	Pears	Chia seeds	Seaweed
Lettuce (romaine)	Pineapple	Hemp seeds	Vanilla extract
Mushrooms	Plums*	Sunflower seeds	Coffee/Tea
Okra	Pomegranate*	Almonds	Hummus
Onions	Rhubarb	Walnuts	Milk Substitutes
Parsnips	Raspberries	Cashews	Almond milk
Pumpkin	Strawberries	Fresh Herbs/Spices (organic)	Coconut milk
Radishes	Tomatoes	All spice	Sugars/Sweeteners
Shallots	Watermelon*	Basil	Bananas*
Spinach	Protein (organic/wild caught/free range/antibiotic and hormone free)	Bay leaf	Whole-leaf stevia
Sprouts	Chicken	Cayenne	Stevia
Sweet potatoes		Coriander	
Turnips		Cinnamon	
Water chestnuts			
Watercress			
Zucchini			

Fresh fruit can be a healthy and nutritious food with many vitamins, minerals and fibre. Typically the recommendation to eat fresh fruit as your appetite dictates holds true for many people. However, if you are above your ideal weight, the elimination of higher-sugar fruits may be necessary. It is best to consume vegetables instead of high-glycemic fruits. For some people, fructose consumption may be a problem; fruits that have a high fructose-to-glucose ratio should be avoided. Therefore, fruits with the * by them should be avoided or minimised.