

Healthy Living Rules Shopping List

Protein

- **Meat & Eggs**

The best meat and egg choices are organic, lean meats from grass-fed animals.

Avoid: factory farmed or those with added sugar, hormones, MSG or sulfites

- **Plant-based proteins**

(beans, legumes, edamame*, tofu*, etc.)

Eat organic, non-GMO plant-based proteins as much as possible.

Avoid: processed plant protein sources

- **Poultry**

(chicken, turkey, duck, etc.)

The best poultry choices are skinless, organic meats from free-range animals.

Avoid: factory farmed, added sugar, MSG, sulfites or carrageenan

- **Seafood**

Seafood should be wild-caught and sustainable fished.

Avoid: farm-raised seafood

Vegetables

Acorn squash+	Broccoli+*	Delicata squash+	Okra+	Spirulina*
Alfalfa sprout*	Brussels sprouts+	Eggplant+	Onion/Shallots	Summer squash+
Anise/Fennel root	Butternut squash+	Garlic	Parsley+	Sweet potato/
Artichoke+	Cabbage	Green beans+	Pumpkin+*	Yams
Arugula+	Carrots	Greens (beet, etc.)	Radish (sprout*)	Swiss chard+
Asparagus+	Cauliflower+	Kale+	Rhubarb+	Tomato+
Beets	Celery+	Leeks+	Snap peas+	Turnip
Bell pepper+	Collard+	Lettuce+	Spaghetti squash+	Yucca*
Bok choy+	Cucumber+	Mushrooms	Spinach+	Zucchini+

Fruit

Apples	Blueberries	Elderberry	Papaya	Raspberries
Apricot	Cantaloupe+	Grapefruit	Peaches	Red currant
Bananas	Cherries	Lemon/Lime	Pears	Strawberries+
Bilberry	Concord grape	Mango	Pineapple	Tangerines
Blackberries	Cranberry	Nectarines	Plum/Prunes	Watermelon+
Black currant	Dates/Figs	Oranges	Pomegranate*	Limit: Dried fruit

Fats

Cooking Fats	Eating Fats		
Clarified butter	Avocado	Almonds (raw)	Pistachio
Ghee	Cashews	Almond butter	Pumpkin seeds+
Coconut oil	Coconut milk	Brazil nuts	Sesame seeds
Virgin olive oil	Hazelnuts	Flax seed	Sunflower seeds+
Animal fats	Macadamia nuts	Pecans	Walnuts
<i>grass-fed/organic</i>	Olives	Pine nuts	

* foods contained in Juice Plus+ Complete

+ foods that can be grown on a Tower Garden

foods contained in Juice Plus+ capsules are shown in orange