



SHOPPING LIST

Vegetables 5-13+ Servings Daily Total, with at least 3 servings from each category - some foods overlap and count for both categories)	Healthy Fats	Lean Proteins	Berries 1 - 1 ½ Cup Daily Total	Acids Acids (use liberally, but try to incorporate into each “meal” - at least 3 teaspoons daily):
<p>LEAFY GREENS (3 servings daily): Arugula Beet Greens (O) Bok Choy Cabbage Collard Greens Endive (S) Kale Microgreens Mustard Greens Salad Greens Spinach (O,S) Swiss Chard Turnip Greens Watercress (With the exception of iceberg lettuce, any greens are likely a good choice :)</p> <p>CRUCIFEROUS / ALLIUM (3 servings daily): Arugula Bok Choy Broccoli (S) Brussels sprouts Cabbage Cauliflower Collard Greens Daikon Garlic Horseradish Kale Kohlrabi Mustard Greens Onion (all kinds) Radishes Scallions Turnip Wasabi</p>	<p>Animal Sources: *Butter, Organic, Pasture-Raised (Very Limited) *Ghee, Organic, Pasture-Raised *Beef or Duck Fat/Tallow, Organic, Pasture-Raised (Very Limited) *Egg Yolks, Organic, Pasture-Raised (Very Limited) *Goat or Sheep Cheese, Organic, Pasture-Raised (Very Limited)</p> <p>*Many people react poorly to dairy of all sorts, so we recommend avoiding or limiting to 1-2x per week from all sources and only days 22 and beyond</p> <p>VEGAN SOURCES: Nuts: Almonds, Blanched (H,O,S) Brazil Nuts Chestnuts Coconut, unsweetened Macadamia Nuts (S) Pecans Pine Nuts (S) Pistachios (H,S) Walnuts (H) Tigernut</p> <p>Seeds:</p>	<p>Animal Sources: Chicken (Organic, Pasture-Raised, Unbreaded), including organ meats (e.g. heart and liver). * Egg Whites, Organic, Pasture-Raised (Very Limited)</p> <p>Fish-Tilapia, Salmon, Drum, Tuna, etc. - Atlantic wild-caught or sustainably raised is best (Organic, Atlantic, Wild-Caught, Unbreaded), Sardines.</p> <p>*Red Meat (beef, bison, etc.) (Organic, Pasture-Raised, Unbreaded, very limited), including organ meats (e.g. heart and liver).</p> <p>*Pork/pig products - NOTE, be sure it's frozen, and then well-cooked to ensure little/no risk of parasites (Organic, Pasture-Raised, Unbreaded, very limited), including organ meats (e.g. heart and liver).</p> <p>Shrimp, Oyster, Clam, Lobster, Crab, other shellfish - Atlantic wild-caught or</p>	<p>Primarily stick to berries with seeds on the outside: Blackberries (S) Raspberries (O,S) Strawberries (S)</p> <p>*Limited/ Occasional: Acai (including the seeds) Bilberries Blueberries (S) Chokeberries (Aronia) Cranberries Elderberries Lingonberries Maqui berries Mulberries Noni berries (whole, not juice) Pomegranate “berries” (whole, including the seed, not juice)</p> <p>*How limited? Keep your total daily sugar intake at 30 grams or less daily (all sugars including that from vegetables and berries)</p>	<p>Apple Cider Vinegar, Organic Unpasteurized (like Bragg's) (H)</p> <p>Lemon Juice, Organic, 100% Pure (fresh or bottled) (H)</p> <p>Lime Juice, Organic, 100% Pure (fresh or bottled) (H)</p> <p>Vinegars Organic (white, dark) (H)</p> <p>Fermented or “pickled” foods (that are also otherwise on the EPIC-approved lists) (H)</p> <p>Fermented forms of soy are acceptable as well:</p> <ul style="list-style-type: none"> ● Miso (H,O) ● Natto (H) ● Tempe (H) <p>(though other forms of soy are not).</p>

<p>Watercress (S)</p> <p>COLORFUL/OTHER (3 servings daily): Artichoke (S) Beets (O) *Bell Peppers (S) Carrots Celery *Cucumber (S) *Eggplant (H,S) Fennel *Green beans Kohlrabi Mushrooms (S) *Peppers in general *Pumpkin Asparagus (green/purple) Purple Brussel Sprouts Purple Cabbage Purple Kale Radish (S) Rhubarb (O) *Squashes (S) Sweet Potatoes (O,S) Swiss Chard *Tomatoes (H,S) Water Chestnuts (S) *White Potatoes (O) Yams (O) *Zucchini (S) Really, any other roots and tubers are likely a good choice (e.g. Cassava, Parsnip, Jicama, etc)</p> <p>*Denotes they must be prepared per EPIC Lectin-Preparation Guidelines or specifically allowed otherwise.</p>	<p>Chia Seeds Flax Seeds Hemp Seeds Pumpkin Seeds Sesame Seeds</p> <p>Other Fats & Oils: Avocado oil (S) Avocados (S) Black Olives Coconut oil **Flaxseed oil Green Olives (S) **Hemp Oil **Olive oil, Extra Virgin (S) **Sesame oil **Walnut oil</p> <p>*Denotes "very limited" - meaning no more than once or twice weekly. AND only from Day 22 and beyond.</p> <p>**Must be cold-pressed and not for use in cooking (at high heat).</p>	<p>sustainably raised is best (Organic, Atlantic, Wild-Caught, Unbreaded) (H for all shellfish)</p> <p>Turkey (Organic, Pasture-Raised, Unbreaded), including organ meats (e.g. heart and liver).</p> <p>Vegan Sources: **Beans of all varieties (H,O - for some beans) **Chickpeas (H) **Peas (green/yellow, and sweet) Hemp Seeds **Lentils **Quinoa</p> <p>Protein Powder Options: <i>Bulletproof</i> Collagen Powder (unflavored) <i>Designs For Health</i> Vegan PurePea (lectin-free) <i>Vital Proteins</i> Marine Collagen Powder (unflavored)</p> <p>*Denotes "very limited" - meaning no more than once or twice weekly. AND only from Day 22 and beyond</p> <p>**Denotes they must be prepared per EPIC Lectin-Preparation Guidelines or specifically allowed otherwise.</p>		
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<p>Miscellany:</p> <p>DRINKS: Almond Milk, blanched almonds only, likely homemade unsweetened (H,O,S) Cacao Tea, unsweetened Coconut Milk, unsweetened Flax Milk, unsweetened Hemp Milk, unsweetened Herbal "Tea" Tea (Green/Oolong/White), unsweetened (H,S) Cinnamon Clove</p>	<p>Water: Work up to 100 ounces for most women and 125 ounces for most men Walnut Milk, unsweetened</p> <p>SPICES, SEASONINGS, AND HERBS: Allspice Basil Black Pepper Cardamom Chili Powder (not chili flakes) Cilantro Spearmint Thyme</p>
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Coriander Cumin Dill Ginger Horseradish Mustard Nutmeg Oregano Parsley Peppermint Poppy Seed Rosemary Sage Salt (unrefined: e.g. sea salt, pink himalayan salt, etc.)	Tarragon Turmeric OTHER FLAVORINGS: Vanilla Cacao, unsweetened (H,O) Carob powder Coconut Aminos Monk Fruit (In moderation as not to become dependent on "sweet" for your taste-buds. Too much may cause GI upset) Nutritional Yeast (H) Stevia (In moderation as not to become dependent on "sweet" for your taste-buds. Too much may cause GI upset)
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Legend:

(H) = High histamine (or histamine-releasing) foods.

(O) = High oxalate foods.

(S) = High salicylate foods.

(Note - these foods listed may be fine for most people, but sensitivities or symptoms can occur for some individuals and for those who may be overdoing these particular foods. If you suspect this, use this legend as a guide, and consult with your EPIC coach/provider to dig in further).

PLEASE AVOID ALL KNOWN FOOD ALLERGIES AND SENSITIVITIES - IF UNKNOWN, PLEASE CONSIDER PROPER TESTING TO PERSONALIZE THIS DIETARY PLAN TO YOUR UNIQUE NEEDS.

Additional Resources:

<https://www.eatright.org/food/vitamins-and-supplements/nutrient-rich-foods/the-beginners-guide-to-cruciferous-vegetables>

<https://www.healthline.com/nutrition/leafy-green-vegetables#section14>

<https://www.phoenixhelix.com/2013/06/23/nightshade-free-survival-guide/>

<https://www.everydayhealth.com/news/best-worst-oils-health/>

<https://my.clevelandclinic.org/health/articles/16031-heart-healthy-oils-what-you-need-to-know>

<https://foodrevolution.org/blog/eating-the-rainbow-health-benefits/>

<https://www.healthline.com/nutrition/8-healthy-berries#section8>

<https://www.foodnetwork.com/healthyeats/healthy-tips/2015/04/superfoods-antioxidant-rich-berries-beyond-blueberries>

<https://www.verywellfit.com/beautiful-berries-you-should-be-eating-4017066>

<https://www.mnn.com/food/healthy-eating/stories/superfoods-11-berries-to-improve-your-health>

<https://kidneystones.uchicago.edu/how-to-eat-a-low-oxalate-diet/>

<https://www.dietvsdisease.org/salicylate-intolerance/>

<https://www.histamineintolerance.org.uk/about/the-food-diary/the-food-list/>