

THE PLANT PARADOX SHOPPING LIST

ACCORDING TO THE FOOD PYRAMID BY DR. STEVEN GUNDRY

For lectin-free, plant paradox approved recipes visit: www.creativeinmykitchen.com

NOTES

(WHAT DO YOU FEEL LIKE EATING OR COOKING, WHAT RECIPES YOU HAVE IN MIND, WHAT'S IN SEASON, ANY SPECIFIC OCCASIONAL TREAT?):

GENERAL REMINDERS

- **Eat whole foods, eat the rainbow, diversify, buy organic, local, sustainable.**
- **Read labels** when buying packaged food.
- **We are all different, find out what works for you**
Age, current health status, personal sensitivities, location, genes, health goals, level of physical activity, gender, and more, they are all factors that make us unique.

- **The Plant Paradox plate** will be abundant with level 1 foods, a small to moderate amount of the protein of your choice and resistant starches, all generously drizzled with healthy fats.
- **This is a guiding document and not an exhaustive list.**
With a few exceptions, it does not include packaged food brands, as they are different from country to country. It includes foods from all three Plant Paradox phases, but not all.

LEVEL 1

Go Nuts! You have green light to eat as much as you'd like from this list. Stock up on these items every time you go shopping. Eat the rainbow. Use healthy fats to cook and season all your meals.



HEALTHY FATS

Extra virgin olive oil
Grass-fed, organic ghee
Virgin coconut oil
Red Palm Oil
Perilla oil
Sesame oil
Walnut oil
Pecan oil
Hemp seed oil
Organic canola oil
MCT oil
Flaxseed oil



CRUCIFEROUS & LEAFY GREENS

Arugula
Broccoli, Broccolini,
Broccoli Rabe
Cauliflower
Brussels sprouts
Cabbage: red, green,
Savoy, Napa
Radishes
Bok choy
Swiss chard
Collard greens
Endive
Escarole
Dandelion
Radicchio
Purslane
Spinach
Tops of carrots,
beets, radishes
Sorrel, wild garlic,
patience dock, nettle,
pigweed, red orach



OTHER NON-STARCHY VEGETABLES

Celery
Carrots
Fennel
Jicama
Kohlrabi
Okra
All lettuce
Fresh herbs: basil
mint, parsley, cilantro,
thyme, rosemary,
sage, oregano
Sprouts & micro greens
Chives
Daikon Radishes
Garlic, Leeks, Onion,
Scallions, Shallots
Lemons & limes
Avocados (fruits)
Artichokes
Asparagus



FERMENTED FOODS

Miso paste
Sauerkraut
Other fermented
vegetables
Kimchi
Sriracha
Tabasco
Kombucha
(careful with high
sugar content)



VINEGARS

Apple cider vinegar
Wine vinegar
Balsamic vinegar
Rice vinegar



OTHERS

Mushrooms
Sea vegetables
Seaweed

SPICES AROUND THE WORLD

All spices, except for chili flakes, are plant paradox approved and lectin-free / lectin-light

Mexican (Adobo, Taco, Fajita mixes)

Mexican oregano, cumin, paprika, cayenne pepper, black pepper, onion and garlic powders, turmeric

Indian (Curry powder, Garam masala)

turmeric, ginger, cardamom, paprika, cumin, fennel seeds, mustard, coriander, black pepper

Asian (Five-Spice)

ginger, cinnamon, star anise, cloves, Sichuan pepper, fennel seeds, bay leaves

Italian / Mediterranean (Italian herbs, Herbs de Provence)

thyme, rosemary, oregano, basil, tarragon, lavender, marjoram, sage, saffron, mint

Middle Eastern (Ras el Hanout, Zaatar mix)

cumin, thyme, oregano, rosemary, sesame seeds, sumac, cardamom, turmeric, saffron, rose petals, paprika, cinnamon, nutmeg, mint

Nordic European

nutmeg, saffron, cardamom, all spice, black pepper, dill

Cajun, Old Bay

turmeric, cumin, fenugreek, parsley, garlic, fennel seeds, ginger, cardamom, paprika, cinnamon

LEVEL 2

Don't eat anything



INTERMITENT FAST

DON'T FORGET TO GIVE YOUR BODY A BREAK FROM DIGESTING FOOD. VOLUNTARILY CHOOSING TO NOT EAT ANYTHING FOR 12 TO 16 HOURS A DAY IS ACTUALLY A HEALTHY HABIT (BUT REMEMBER, WE ARE ALL DIFFERENT).

LEVEL 3

OK to eat a limited quantity per meal



NUTS & SEEDS

Tree nuts, preferably raw, or home roasted: macadamia, walnuts, pecans, pistachios, Brazil nuts, hazelnuts
Pili nuts
Almonds: only without skin (blanched)
Hemp seeds

Flaxseeds: freshly ground
Nigella Sativa / Black Cumin seeds
Sesame seeds
Basil seeds
Coconut, but not coconut water and sugar



NUT BUTTERS (100%)

Hazelnut butter
Macadamia butter
Hemp seed butter
Coconut butter (also known as manna)
Walnut butter
Blanched (white) almond butter
Tahini paste (sesame seeds butter)



DAIRY ALTERNATIVES

Almond milk
Hemp milk
Coconut cream and milk
Coconut yogurt
Almond cream cheese and ricotta (Kite Hill)
NutPods creamer, original



STARCHY VEGETABLES

Beets (mainly raw)
Green plantain
Green bananas
Sweet potatoes
Yams of all kind
Root vegetables: parsnip, rutabaga, celeriac, turnips, taro
Cassava / Yuca Root
Sunchokes

Legumes and beans including lentils, black beans, aduki beans: soaked overnight & pressure cooked (Phase 3)

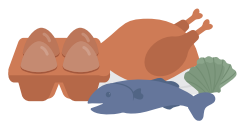


OTHERS

Cacao powder, Hemp powder
Dark chocolate (80% and above), no dairy 1oz / day

LEVEL 4

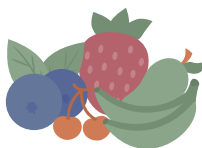
Enjoy in moderation (a small quantity, a few times a week)



ANIMAL SOURCED PROTEIN

(2oz - 6oz / day)

Pasture-raised or Omega-3 eggs
Pasture-raised poultry
Wild caught sustainable fish and shellfish, fresh, frozen or canned, choose the fish low in mercury



FRUITS (IN SEASON)

All berries
Pomegranate
Fresh figs
Apples
Stone fruits: cherries, plums, peaches, nectarines
Green pears
Green bananas
Green mangos
Green papaya
Other fruits in season



FLOUR

Nut flour: blanched almond flour (not almond meal), hazelnut, chestnut, Coconut flour
Cassava flour
Tigernut flour
Cauliflower flour
Sweet potato flour
Arrowroot flour
Tapioca flour
Flaxseed meal
Psyllium husk flakes
Sorghum flour
Teff flour
Millet flour



NIGHTSHADES

(Some people can still have a high sensitivity to these foods)
ONLY PHASE 3

Peppers, cucumbers, tomatoes, potatoes if peels and seeds are removed, and/or pressure cooked.
Potatoes only after cooled in the fridge.
Mainly when they are available locally, organically grown.



GRAINS

Millet
Sorghum
Teff
Rice: Indian Basmati, black rice, red rice (pressure cooked and cooled before reheating and eating)



SWEETENERS

Inulin
Honey, local or manuka
Erythriol
Monk fruit: granulated or syrup
Yacon syrup
Stevia
Allulose

LEVEL 5

Eat / drink a very limited quantity (1, 2 times a week)



RED MEAT

Grass-fed, grass-finished (also labeled as 100% grass-fed) beef
Grass fed lamb, bison, wild game
Heritage and pasture-raised pork



ALCOHOL

Red Wine (preferably high altitude, max 6oz / serving)
Dark Spirits (1oz / serving)
Champagne (max 6oz / serving)



DAIRY

French and Italian butters or local butters made with A2 milk (from Guernsey and Jersey cows)
Buffalo mozzarella
Organic cream cheese
South European cheeses or any cheese made with A2 cow milk, goat and sheep (1oz /serving)
A2 yogurt (4oz / serving)



DRINKS

Coffee
Tea
Matcha
Kombucha (careful with high sugar content)
Mineral water

