**Elimination Diet Grocery List**

\* All foods should be organic

Key: OM – Organic Matters (http://www.omfoods.com)

**Pantry Essentials:**

* Sea Salt
* Pepper mill
* Nutritional Yeast
* Chia
* Flax seed: gold or brown
* Bragg’s or Gluten-free Tamari
* Seven Seas Seaweed (OM)
* Herbamare
* Apple Cider Vinegar

**Oils:**

* Flax oil
* Extra virgin olive oil
* Avocado oil
* Coconut oil

**Fresh Spices**

* Cilantro
* Parsley
* Basil (if available)
* Ginger
* Tumeric
* Garlic

**Vegetables:**

Cruciferous: broccoli, cauliflower, red/green cabbage, brussel sprouts, boy choy, kale, mustard greens, watercress, arugula, raddish, turnip, garlic scapes

Bright Coloured: peppers, purple onions, carrots, yams, beets, cucumber, tomato, avocado, celery, zucchini, green beans, summer squash

Greens: chard, romain lettuce, red or green leaf lettuce, butter lettuce, spinach, beet greens

Fall/Winter: spaghetti squash, acorn squash, winter squash, butternut squash, pumpkin

**Fruits**: Seasonal

Fall/Winter – apples, bananas (imported)

Spring/Summer – cherry, red/golden plums, pears, grapes, oranges, peaches, nectarines, watermelon, cantalope, kiwi,

Citrus – lemon, lime

**Berries**:

Blueberry, blackberry, raspberry, strawberry

**Dry Supplies**

* Quinoa
* Brown rice
* Gluten free pasta
* Lentils