

# Summer Grocery List

(July-October)



John Douillard's  
LifeSpa™

- Eat **more** foods that are **Sweet, Bitter, Astringent / Cool, Heavy, Oily:** such as salads, smoothies, fresh fruit.
- Eat **less** foods that are Pungent (Spicy), Sour, Salty / Hot, Light, Dry: such as spicy foods, hot beverages.
- **Curious about a food not on this list?** Taste it. If it has 2 of the 3 summer tastes (sweet, bitter, astringent), it is balancing. Prepare it in a way that is cool, heavy and/or oily.

**Choose Organic and non-GMO when possible. Eat more of your favorite foods from this list.**

*\*An asterisk means that this food is a Summer Superfood. If you like it, eat more of it.*

VEGETABLES	FRUIT	LEGUMES	TEA
Alfalfa Sprouts	<b>Eat fruit separately from other foods.</b> *Apples *Apricots *Blueberries *Cantaloupe *Cherries (ripe) *Cranberries Dates Dried Fruit Figs *Grapes *Guavas *Mangoes *Melon (all) Nectarines Oranges (sweet) Papayas (small amounts) *Peaches (ripe and/or peeled) *Pears *Persimmons *Pineapple (sweet) *Plums (ripe) *Pomegranates (sour) *Raspberries *Strawberries Tangerines (sweet)	*Adzuki	*Chicory
*Artichokes		Bean Sprouts	*Dandelion
*Asparagus		*Black Gram	*Hibiscus
Avocados		*Fava	*Mint
Bean Sprouts		*Garbanzo	<b>BEVERAGES</b>
*Beet greens		Kidney	Water (room temp or cool)
*Bell Peppers		Lentils	<b>SWEETENERS</b>
*Bitter Melon		Lima	<b>Favor natural whole foods sweeteners, in moderation:</b>
*Broccoli		*Mung	Maple Syrup (small amounts)
*Cabbage		*Split Pea	Raw Sugar
*Cauliflower		*Tofu	Rice Syrup
*Celery		<b>CONDIMENTS</b>	<b>NUTS &amp; SEEDS</b>
Chicory		Carob	Almonds
*Cilantro		Mayonnaise	*Coconut
Collard Greens		<b>OILS</b>	Flax
Corn		Almond	Macadamias
*Cucumbers		Avocado	Pine Nuts
*Dandelion		*Coconut	*Pumpkin
Eggplant		Flax	*Sunflower
Endive		*Olive	<b>DAIRY</b>
*Fennel	Ghee	<b>Favor raw and vat-pasteurized.</b>	
Green Beans	<b>HERBS &amp; SPICES</b>	Butter	
*Jicama	Anise	Cheese (moderation)	
*Kale	Asafoetida	Cottage Cheese	
*Lettuce	*Chamomile	*Ghee	
Mushrooms	*Coriander	Ice Cream	
Mustard Greens	Cumin	*Milk	
*Okra	Fennel	*Rice/Soy Milk	
Parsley	Peppermint	<b>Learn more in</b>	
Peas	Saffron	<b>The 3-Season Diet</b>	
Pumpkin	Spearmint	<b>book by Dr. John Douillard</b>	
*Radishes (moderation)	<b>WHOLE GRAINS</b>	<b>Take the 3-Season Diet Challenge:</b>	
*Seaweed	*Barley	<b>It's FREE!</b>	
*Snow Peas	Oat	<b>12 Months of</b>	
*Spinach (moderation)	*Rice	<b>Seasonal Guidance.</b>	
*Squash, Acorn	Rye	<i>Recipes, videos, articles, bonus</i>	
Squash, Winter	Wheat	<i>blogs, special coupons.</i>	
Sweet Potatoes		<a href="http://lifespacom.com">LifeSpa.com</a>	
Swiss Chard			
Tomatoes (sweet)			
Turnip Greens			
*Watercress			
*Zucchini			