

Condiments/Oils

Bragg® Liquid Aminos

A healthy, certified non-GMO substitute for salt and soy sauce. Substitute reduced-sodium soy sauce or tamari. Can be purchased at health food stores, Whole Foods Market®, or Trader Joe's®, or online.

Olive Oil

Purchase extra-virgin, cold-pressed, and organic if possible.

Flaxseed Oil

A rich source of omega-3 fatty acids. Best used in salad dressings or in smoothies. Do not heat.

Coconut Oil

Contains medium-chain fatty acids, which are considered a good source of energy that the body can easily metabolize. Extra-virgin and unrefined is best for cooking at high heats. Great for digestion, skin, and hair.

Sesame Oil

Cold-pressed is the most healthful, but toasted adds more flavor to your dishes. Mostly used in Asian cooking.

Apple Cider Vinegar

Choose unfiltered when possible. Great for digestion and is considered an alkaline-forming ingredient. Bragg® makes an excellent variety. Found at most large supermarkets, Whole Foods Market, or Trader Joe's; or online.

Miso

Widely available in many varieties, a salty, fermented soy paste used in soups, sauces, and dressings. Usually refrigerated, but sometimes found on the shelf in the Asian section. Taste a few and see which you prefer. Please check the ingredient list to make sure it contains no MSG.

Mirin

This Japanese cooking wine adds a sweet flavor and depth to dishes. It's also delicious splashed on stir-fry toward the end of cooking. Look for Eden® brand. Available at Whole Foods Market or other health food stores. If not available locally, order online.

Rice Vinegar

You can find this vinegar at the health food store or in the Asian section of your grocery store. It's light and tastes great in dressings and salads. Choose an unflavored, unsweetened variety with no high fructose corn syrup. Can be found at Whole Foods Market or online.

Umeboshi Vinegar

This Japanese vinegar is sour and salty, but great in alkalizing the body and aiding digestion. Use it to make dressings and sauces. Found in the Asian food section at most Whole Foods Markets.

Sea Vegetables

Wakame Seaweed

Delicious and nutritious, seaweed is high in minerals and nutrients, and aids in cleansing. Find it at the health food store, or in the Asian section of your grocery store. Wakame seaweed is also readily available online.

Nori Seaweed

Sold in sheets, it's widely used for sushi rolls. Can also be eaten straight out of the package as a healthy snack. Find it at the health food store or in the Asian section of your grocery store. It's also readily available online.

Arame Seaweed

A stringy, crisp, dark brown to black seaweed. May substitute hijiki seaweed or omit. Find it at your local health food store or Whole Foods Market, or order online.

Sweeteners

Raw, unfiltered Honey

Loaded with health properties. Great as a pure source of energy and glycogen to help muscle recovery after an intense workout.

Stevia

Derived from a plant, this sweetener is up to 300 times sweeter than sugar and has been used as a natural sweetener and beneficial herb for centuries. Can be purchased in liquid or powder form at Trader Joe's, at Whole Foods Market, or online.

Grade "B" Dark Maple Syrup

A naturally processed sweetener that comes from trees. Less destructive to the body's natural mineral balance than other sugars.

Vegetables

Cruciferous Vegetables

Known for their nutrients and antioxidants. Great for helping to break down and dissolve fat in the body. Varieties: cauliflower, broccoli, brussels sprouts, cabbage, radishes.

Squash

Great for alkalizing. Different varieties are available year-round. Winter squash is high in complex carbs and vitamin A. Summer squash has a high water content, which is great for preventing dehydration. Varieties include delicata, acorn, butternut, kabocha, pumpkin, red kuri (winter), crookneck, pattypan, and zucchini (summer).

Leafy Greens

Loaded with calcium, iron, chlorophyll, and vitamin C, these help combat stress and lift the mood. Considered a superfood. Ingest every day, if possible. Varieties: kale, dandelion greens, swiss chard, collard greens, mustard greens, arugula, spinach, romaine, watercress.

Bulbs

Have the ability to help support good health. Garlic, in particular, has beneficial properties. Varieties: garlic, leek, onions, fennel, shallots, and scallions.

Roots and Tubers

Chock-full of beta carotene, vitamin A, fiber, antioxidants, and complex carbs. Adds a healthy "sweetness" to our diets. Varieties: jicama, parsnips, sweet potatoes, yams, beets, rutabagas, turnips, ginger, carrots, celery, burdock.

Nightshades

Eat these in moderation. Varieties: tomatoes, some peppers, potatoes (red-skinned only).

Fresh Herbs

Have cleansing effects on the body and enhance the taste of our foods. Experiment with a variety of fresh herbs, such as dill, cilantro, oregano, basil, marjoram, parsley, thyme, mint, etc.

Grains

Quinoa (pronounced KEEN-wa)

A South American "supergrain" that's a powerhouse of nutrition and easy to prepare. Loaded with protein, calcium, and iron, quinoa is a great alternative to rice. Find it at the health food store, Whole Foods Market, or Trader Joe's, or order online.

Millet

Another wonderful whole grain, eaten by humans since ancient times. It's a complete protein, and high in vitamins and phytochemicals. Find it at the health food store, Whole Foods Market, or Trader Joe's, or order online.

Brown Rice

A complex carbohydrate that's full of vitamins, fiber, minerals, and protein, it helps bring the body into a state of balance. Varieties include: long grain, short-grain, basmati, medium-grain, and jasmine.

Oats

Soluble fiber from foods such as oats, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. Steel-cut or oat groats are the least processed and the most beneficial to the system.

Legumes

Buy these dried, then soak from 1 to 12 hours before cooking for the greatest digestibility and other benefits. Lentils and adzuki beans do not require soaking.

Black Beans

High in fiber and protein, they're very nourishing to the kidneys and liver.

Kidney Beans

An easily absorbable protein. Kidney beans also contain iron.

Lentils

Particularly high in iron, these are easy to cook and great paired with rice or in soups and stews.

Chickpeas (Garbanzo Beans)

High in fiber, protein, and iron, they help increase energy. Great to throw in salads or mash up on toast.

Pinto Beans

A rich source of vitamin B1, iron, and essential trace minerals like magnesium, potassium, and copper.

Edamame

Unprocessed whole soybeans. Great as a snack with a touch of Himalayan salt. Can be found in the freezer section of most markets.

Nuts/Seeds

Almonds

Delivers monounsaturated fats, magnesium, and vitamin E. Alkalizing to the system when eaten raw and soaked in water.

Walnuts

Great for brain power and heart health. High in omega-3s, they help to heal imbalances within the body.

Cashews

A naturally sweet nut that can be soaked and puréed to help thicken soups, stews and sauces. A handful of cashews a day is said to keep depression at bay.

Chia Seeds

High in fiber, calcium, antioxidants, protein, and omega-3 fatty acids. Chia is the Mayan word for strength. Sprinkle a teaspoon onto your fruit.

Sunflower Seeds

A rich source of protein, vitamin D, and vitamin E. A great substitute for people who have tree nut allergies.

Pumpkin Seeds

High in zinc, iron, and omega-3s. Great for supporting the immune system. Throw them into a salad for added crunch.

Flaxseeds

High in omega-3s and fiber, they help support liver function. Make sure to grind them fresh in a coffee grinder, as the body cannot break them down when they're whole.

Sesame Seeds

High in bone-building calcium. Great to sprinkle on a salad or use in a stir-fry. The black variety is highest in nutrients.

Spices

Cumin

A pungent spice used in Indian and Mexican cooking. Helps to improve circulation and energy. Buy whole seeds and grind for the best flavor.

Curry

This yellow powder is a blend of spices used in Indian cooking. Found in the spice section of most grocery stores, it can vary from mild to hot. Taste a bit on your finger, or add slowly.

Cinnamon

A warming spice with many great health benefits, including supporting metabolism.

Coriander

The seed of the cilantro plant, this spice has an orange-y flavor. It's great for spicing up soups, stews, and Indian or Mexican dishes.

Cayenne

Another warming spice that's great for circulation, metabolism, and relieving stomach upset. Be careful—it's HOT.

Other

Tempeh

A fermented soy product that's high in protein and easy to digest. Substitute beans of any variety if you can't find tempeh. Available in the refrigerated section of most large supermarkets, or at health food stores, Trader Joe's, or Whole Foods Market.

Smokey Tempeh Strips (Tempeh "Bacon")

Substitute regular tempeh if smokey variety is unavailable. Lightlife® brand is available at most Whole Foods Markets.

Tahini

Ground-up sesame seeds. Rich in calcium, used to make sauces, hummus, and dressings.



INGREDIENTS LIST

Coconut Milk

Often used as a substitute for oil. It's a comparable substitute for dairy, with a touch of sweetness. Find it in the Asian or baking section of most grocery stores, Trader Joe's, or Whole Foods Markets.

Gomasio

A combination of ground sesame seeds and Himalayan salt that's a great topping for salad, stir-fry, or any other savory food. Buy it premade in the Asian aisle of most Whole Foods Markets, or make your own (see the recipe section).