Recipes for Repair: *Phase 2 Shopping List*

The diet Phases are cumulative so ingredients introduced in Phase 1 may be used in Phase 2 recipes. The ingredients listed below are include all permissible ingredients in the first two Phases of the diet, whether or not they are included in the recipes.

As with Phase 1, plan your meals for the week using our downloadable Meal Planning grid found at www.recipesforrepair.com/resources. Go through each recipe and mark down how much of the following you need. Bring this list with you to make your shopping trip more efficient. Non-perishables can often times be purchased online for better prices than in the store. Go to "Our Favorite Products" under the Shop menu item on our website for some great online deals.

Beverages
Vanilla extract

Beverages
Açai juice
Black tea
Blackberry juice
Blueberry juice
Carbonated water
Cherry juice
Cranberry juice
Green tea
Pomegranate juice
Pure filtered water
Raspberry juice
Rooibos tea
Vegetable juice

Fruits
Açai
Apricot
Avocado
Blackberries
Blueberries
Cantaloupe
Cherries
Coconut
Cranberries
Date
Fig
Green apple
Mango
Olives
Pear
Pineapple
Plum
Pomegranate
Prune
Raspberry
Watermelon

Nuts and Seeds
Almonds
Brazil nuts
Caraway seeds
Cashews
Chia seeds
Flaxseed
Pecans
Pine nuts
Poppy seeds
Pumpkin seeds
Sesame seeds
Sunflower seeds
Walnuts

Vegetables
Arame
Artichoke
Arugula
Asparagus
Beets
Bok choy
Broccoli
Brussels sprouts
Cabbage
Carrots
Cauliflower
Celery
Celery root
Chard
Collard greens
Cucumber
Dulse
Fennel
Garlic
Hijiki
Kale
Kelp
Kohlrabi
Kombu
Leeks
Lettuce
Mushrooms
Mustard greens
Nori
Onions
Pumpkin
Scallions
Spinach
Sprouts
Squash
String beans
Sweet potato
Tapioca (cassava)
Wakame
Wasabi
Watercress

Grains
Brown rice
Brown rice flour
Oat flour
Oatmeal
Wild rice

Beans and Legumes
Black beans
Chickpeas
Kidney beans
Lentils
Navy beans
Peas
Pinto beans

Protein (organic, if possible)
Eggs (free-range)
Haddock
Halibut
Flounder
Lamb
Mackerel
Salmon
Sardines
Sole
Tilapia
Venison
White meat chicken or turkey

Herbs and Spices
Basil
Bay leaf
Black pepper
Cardamom
Chives
Cilantro
Cinnamon
Cloves
Cumin
Curry
Ginger
Lemon grass
Mint
Mustard
Mustard powder
Mustard seed
Oregano
Parsley
Rosemary
Sage
Sea salt
Thyme

Fats
Extra virgin coconut oil
Extra virgin olive oil
Ghee
Margarines (w/ out trans fats)
Virgin olive oil

Sweeteners
Coconut nectar
Coconut palm sugar
Honey
Lakanto
Maple syrup
Raw honey
Sorbitol
Stevia
Xylitol

Other
Almond extract
Baking soda
Coconut aminos
Coconut extract
Coconut kefir
Cream of tartar
Mint extract
Psyllium husk powder
Raw apple cider Vinegar
Vanilla extract

List additional foods you may want prior to upcoming diet Phases

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