

HIGH VIBRATION FOOD SHOPPING LIST

Vegetables

- __artichoke
- __asparagus
- __beets
- __broccoli
- __bokchoy
- __cabbage
- __cauliflower
- __celery
- __carrots
- __dandelion greens
- __dill
- __eggplant
- __Irish/sea moss
- __kale
- __kelp
- __leeks
- __mixed greens
- __onions
- __radishes
- __romaine lettuce
- __parsley
- __peppers
- __spinach
- __sugar snap peas
- __swiss chard
- __turnips
- __wheatgrass

Starchy vegetables:

- __cassava
- __corn
- __green banana
- __plantain
- __squash
- __sweet potato
- __yam

Fruit

Acid:
__lemon / lime
__orange

__grapefruit
 __pomegranates
 Sub-acid:
 __apples
 __blueberry
 __cranberry
 __cherry
 __coconut
 __guava
 __kiwi
 __lychee
 __mango

___peach
 ___pear
 ___plums
 ___prunes
 ___pineapple
 ___raspberry
 Sweet/Dried Fruit:
 ___banana
 ___dates
 ___figs
 ___grapes
 ___papaya
 ___persimmon
 ___prunes
 ___raisins

Melon:

__cantaloupe
 __honey dew
 __watermelon
 Fruit vegetables:
 __tomato
 __cucumber
 __zucchini

Whole Grains:

- ☐ amaranth
- ☐ barley
- ☐ brown rice
- ☐ bulgar

- ☐ buckwheat
- ☐ couscous
- ☐ millet
- ☐ oat
- ☐ quinoa
- ☐ rye
- ☐ spelt
- ☐ wheat germ
- ☐ whole grain spelt bread
- ☐ whole grain waffles

Plant-based Protein:

- ☐ avocado
- ☐ alfalfa sprouts
- ☐ black beans
- ☐ black-eyed peas
- ☐ cannelloni beans
- ☐ chickpeas
- ☐ kidney beans
- ☐ lentils
- ☐ lima beans
- ☐ mung bean sprouts
- ☐ pinto beans

Nuts and seeds:

- ☐ almonds
- ☐ cashews
- ☐ chia seeds
- ☐ hazelnuts
- ☐ flaxseeds
- ☐ macadamias
- ☐ pistachios
- ☐ pumpkin seeds
- ☐ walnuts
- ☐ sunflower seeds

Liquids:

- ☐ black tea
- ☐ herbal tea
- ☐ purified water
- ☐ fresh vegetable juice
- ☐ vegetable soups

Fruit juice:

☐ coconut water
☐ organic apple juice
☐ orange juice

Plant-based milk:

- ☐ almond milk
- ☐ coconut milk
- ☐ hazelnut milk
- ☐ hemp milk
- ☐ oat milk
- ☐ rice milk

Oils and butters:

- ☐ almond butter
- ☐ almond oil
- ☐ castor oil
- ☐ coconut oil
- ☐ cold pressed olive oil
- ☐ grapeseed oil
- ☐ peanut butter
- ☐ sesame oil
- ☐ sunflower oil
- ☐ vegan butter spread
- ☐ vegan mayonaisse

Sweeteners:

___agave
 ___cane sugar
 ___maple syrup
 ___molasses
 ___raw honey
 stevia leaf

Herbs & Spices:

- __alfafa
- __basil
- __cayenne pepper
- __cascara sagrada
- __chamomile
- __cinnamon
- __citrus peel
- __cloves
- __coriander
- __cumin
- __curry
- __dandelion
- __dill
- __fennel
- __fenugreek
- __garlic
- __ginger
- __goldenseal
- __hibiscus
- __lemongrass
- __moringa
- __neem
- __nutmeg
- __oregano
- __paprika
- __parsley
- __rosemary
- __peppermint
- __red raspberry
- __cooking sage
- __sea salt
- __spearmint
- __sun dried tomato
- __tomato sauce
- __tomato paste
- __turmeric
- __thyme
- __valerian

Miscellaneous:

- ☐ apple cider vinegar
- ☐ bee pollen
- ☐ chlorella
- ☐ garlic kyolic
- ☐ liquid aminos
- ☐ nutritional yeast
- ☐ spirulina
- ☐ wheatgrass

Environmentally friendly household Items:

- ☐ trash bags
- ☐ blue recycle bags
- ☐ biodegradable dish soap
- ☐ biodegradable laundry detergent
- ☐ household cleaner
- ☐ paper towels
- ☐ toilet paper

Other:

[illegible]

