

# Cancer support grocery list



## From plants

- Apples
- Blueberries
- Blackberries
- Pomegranate
- Kiwis
- Lemons
- Strawberries
- Goji berries
- Sweet potatoes
- Purple potatoes
- Beets
- Bok choy
- Cucumbers
- Kale
- Broccoli
- Green leafy vegetables/salad greens
- Mushrooms
- Asparagus
- Green beans
- Carrots
- Turnip
- Pumpkin
- Red onion
- Garlic
- Fennel
- Rosemary
- Basil
- Thyme
- Mint
- Parsley
- Olives

## Spices/condiments

- Cinnamon
- Ginger
- Nutmeg
- Mustard
- Relish
- Salsa
- Hot sauce
- Extra virgin olive oil
- Balsamic vinegar
- Apple cider vinegar

## From animals

- Grass fed beef
- Grass fed bison
- Wild salmon
- Wild tuna
- Shrimp
- Anchovies
- Mackerel
- Chicken including chicken thighs
- Turkey including turkey bacon
- Lamb
- Duck eggs
- Gouda cheese
- Edam cheese
- Camembert cheese
- Yogurt
- Heavy cream
- Unsalted butter
- Collagen
- Gelatin

## Other carbs

- GF oats
- Kefir
- Buckwheat
- Sprouted wraps
- Low carb noodles
- White or black rice

## Liquids

- Kombucha
- Unsweetened nut milk
- Mineral water
- Herbal tea
- Organic coffee
- Flavored San Pellegrino cans

## Fats

- Dark chocolate/cacao
- Coconut
- Hemp seeds
- Chia seeds
- Flax seeds
- Pumpkin seeds
- Walnuts
- Pistachios
- Brazil nuts