

## Angelic Foods Shopping List

Purchase your items needed, for a week in advance

**The Angelic Foods are:** Do not purchase the item if you are allergic to it.  
Subtitles are in order of calories

### Seasonings

Herbs – Any type!

- Basil
- Bay Leaf (cannot eat – just to add flavour)
- Chives
- Cilantro
- Dill
- Fennel
- Marjoram (*careful – can nullify emotions and sex drive*)
- Mint
- Oregano
- Parsley
- Rosemary
- Sage
- Savory
- Tarragon
- Thyme

Spices (Fresh, dried or powdered)

- Celery seed
- Cinnamon
- Cloves
- Cocoa
- Coriander seed
- Curry powder
- Garlic (great antioxidants)
- Ginger (fresh - makes a great tea)
- Horse radish
- Mustard
- Onion
- Pepper
  - Black
  - Cayenne
  - Red
- Poppy seeds
- Salt (sea salt is best)
- Turmeric
- Vanilla

### Soy Sauce

- Braggs is a healthy brand

### Sugar (in natural form) – careful on how much you use – high in calories

- Stevia (herbal sweetener) – Powdered or liquid (also comes in flavored –chocolate raspberry or vanilla)
- Brown sugar
- Maple syrup
- Sugar cane

### Vinegar (great for salad dressings)

- Balsamic vinegar
- Apple cider vinegar (great brand is Braggs)

### Pre-mixed seasonings

- Mrs. Dash
- Cajun seasoning
- Chili seasoning
- Chinese five spice
- Greek

### **Liquids:** (up to eight glasses a day)

#### Water - Helps to flush toxins

- Helps to suppress your appetite
- The larger you are the more water you should drink
- Great to add some lemon to it!

Chlorophyll – green matter in plants. (Excellent in nutritional value, assist in body odour, mouth and throat inflammation)

Tea (green tea (great antioxidant) or non-caffeinated is best)

Coffee (is a natural diuretic - need to drink more fresh water if you drink coffee)

Natural Juice (too much can be bad for your teeth; you could have half juice and add half water)

**Carbohydrates:** (Glucose (sugar) turns into glycogen = energy; if you do not use it right away, the excess will be store in your fat cells for later use).

Simple (turns to sugar quicker)

- Whole or flaked grains only! (contains antioxidants)
  - Barley (great in soups)
  - Buckwheat
  - Corn
  - Oat
  - Quinoa
  - Rice or wild rice (brown rice takes longer for the body to turn into sugar)
  - Rye
  - Wheat (turns to sugar the quickest) A NO, NO; not ground or made into bread, pasta or noodles
- Potatoes

Complex

Vegetables – Any Type!

The first four items have less calories then it takes to eat them:

- Avocado (really a fruit)
- Celery
- Cucumber
- Lettuce
- Watercress
- Alfalfa sprouts (great nutritional value)
- Artichokes
- Arugula
- Asparagus
- Bamboo shoots
- Beans
- Bean sprouts
- Bok choy
- Broccoli (great antioxidant) – Best steamed
- Brussels sprouts – Best steamed
- Cabbage – Best steamed
- Carrots (high in sugar – but also has antioxidants)
- Cauliflower – Best steamed
- Chicory
- Chilli peppers
- Dill pickles
- Eggplant
- Endive
- Green onions
- Kale – Best steamed
- Leeks

- Mushrooms
- Okra
- Olives
- Onions
- Peas
- Peppers (green, red, orange or yellow)
- Radicchio
- Radish
- Rapini
- Snow peas
- Spaghetti squash
- Spinach (antioxidant) – Best steamed
- Swiss chard
- Tomato (really a fruit & a great antioxidant)
- Zucchini

Fruit - Any type! (Most fruit contain traces of antioxidants)

- Apples (rich in antioxidants and two minerals called; boron – to keep bones healthy and strong & pectin – help prevent cholesterol build up)
- Apricots
- Bananas
- Berries (great antioxidants)
  - Blackberry
  - Blueberry
  - Cranberry
  - Currants
  - Figs
  - Grape fruit
  - Kiwi
  - Strawberries
  - Saskatoon berries
- Cherries
- Grapes (red - antioxidant)
- Lemons
- Limes
- Mango
- Melons
  - Honey dew
  - Cantaloupe
  - Water melon
- Nectarines
- Oranges
- Peaches
- Pear
- Pineapple

**Protein:** (Burns fat, but...too much can cause cholesterol problems)

- Soy milk
- Beans and Legumes
  - Black
  - Lima
  - Lentils
  - Pinto
  - Red
  - Red Kidney
  - White
- Seeds (Essential fatty acids; omega 3, 6 & 9 – reduce the formation of blood clots & promotes healthy cholesterol levels, & strong bones, hair, skin and nails, & production of hormones, energy and absorption of vitamins, & regulate your metabolism).
  - Store in the refrigerator.
    - Flax seed (great source of protein, omega 3 & 6, lignans (have both oestrogenic and antioestrogenic activity - phytoestrogens).
    - Pumpkin seed (also a great parasite cleanser)
    - Sesame seed
    - Sunflower
- Nuts (best are almonds and brazil nuts) (peanuts & cashews have more calories)
- Dairy Products
  - Goat's milk
  - Cow's milk (less % = Less calories)
  - Yogurt (vanilla only, you can add you own fruit)
  - Sour cream
  - Cheese (including cottage & cream cheese)
  - Butter
  - Cream
  - Vanilla ice cream (no more than once per week)
- Eggs
- Meat – in order of calories (try to buy lean – remove any visible fat)
  - Fish - Any type!
    - Cod
    - Halibut
    - Sole
    - Trout
    - Tuna
    - Wild salmon (is great for improving your memory)
  - Sea food
    - Shrimp / Prawns
    - Octopus
    - Squid (pan fried)
    - Scallops
    - Mussels

- Oysters
  - Crab
  - Lobster
- Chicken (skinless)
- Turkey
- Lamb
- Wild meat – Moose, deer, elk, etc.
- Buffalo
- Beef
  - Steak (fat removed)
  - Extra lean ground beef
  - Any other cut
- Pork - Any type
  - Bacon
  - Pork chops
- Coconut milk (very high in calories)

**Fats:** (when not heated = good fats – needed for energy, production of hormones, conduction of nerve impulses, repair skin & hair, to absorb fat soluble vitamins, mental stability, bowels regulated, extra fuel if needed).

Vegetable oils

- Flax Seed oil (great for omega 3, 6 & 9 – should be refrigerated)
- Sesame Seed oil
- Extra Virgin Olive oil (refrigerated turns solid, can use as a butter, just mix with some salt first)