



## The Cancer Recovery Pyramid: Nutrition Resource #1 “Real Foods” Shopping List™



### VEGETABLES

- Broccoli
- Cabbage
- Peppers
- Tomatoes
- Carrots
- Leaf lettuce
- Cauliflower
- Onions
- Beets
- Asparagus
- Squash
- Pumpkin



### FRUITS

- Berries
- Oranges
- Red Grapefruit
- Mangoes
- Apples
- Cherries
- Apricots
- Cantaloupe
- Kiwi
- Pears
- Red Grapes
- Watermelon



### FISH, MEAT & EGGS

- Cod / Flounder / Haddock
- Tilapia / Mahi-Mahi
- Salmon (wild)
- Tuna (canned/steaks)
- Trout
- Blue Crab / Shrimp
- Sardines
- Chicken Breast (skinless)
- Turkey Breast (skinless)
- Eggs



### LEGUMES

- Black Beans
- Garbanzo Beans
- Kidney Beans
- Navy Beans
- Pinto Beans
- Lentils
- Split Peas

### NON-FAT DAIRY

- Yogurt
- Cottage Cheese
- Soy Milk
- Almond Milk



### WHOLE GRAINS & BREADS

- Oats
- Barley
- Brown Rice
- Flax Seed
- Buckwheat
- Spelt Wheat
- Millet
- Amaranth
- Pita Bread
- Wheat Germ

### OILS

- Extra Virgin Olive Oil
- Sesame Oil
- Non-Fat Vegetable Spray



### OTHER

- Garlic
- Ginger
- Cinnamon
- Cayenne
- Stevia
- Green tea
- Curry