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SPRING GROCERY LIST

*An asterisk means it is best to eat more of this food

VEGETABLES	FRUIT	SPICES	LEGUMES	HERB TEA
*Alfalfa Sprouts	Apples	Anise	*All Sprouted Beans	Alfalfa
Artichokes	Blueberries	Asafoetida	Adzuki	*Cardamom
*Asparagus	*Dried Fruit (all)	Basil	Black Gram	*Chicory
*Bean Sprouts	Grapefruit	Bay Leaf	Garbanzo	*Cinnamon
Beets	Lemons, Limes	*Black Pepper	Fava	*Cloves
*Bell Peppers	Papayas	Chamomile	*Goya	*Dandelion
*Bitter Melon	Pears	Caraway	*Kidney	*Ginger
Broccoli	Pomegranates (sour)	Cardamom	*Lentils	*Hibiscus
*Brussels Sprouts	Raspberries	*Cayenne	*Lima	*Orange Peel
*Cabbage	Strawberries	Cinnamon	*Mung	*Strawberry Leaf
*Carrots	All Berries	*Clove	Split Pea	
*Cauliflower		Coriander		
*Celery		Cumin		
*Chicory		Dill		
*Chilies, dried	DAIRY	Fennel	LEAN MEAT & FISH	BEVERAGES
Cilantro	Ghee (moderation)	Fenugreek	Chicken	Black Tea (moderation)
*Collard Greens	Lowfat yogurt (moderation)	Garlic	Duck (moderation)	Coffee (moderation)
*Corn	Rice/Soy milk	Ginger	Eggs (moderation)	Water (room temp. to hot)
*Dandelion	*Goat milk	Horseradish	Freshwater fish	
*Endive		Marjoram	Lamb (moderation)	
Fennel		Mustard	Ocean fish (moderation)	
*Garlic		Nutmeg	Turkey	
Ginger		Oregano		
*Green Beans	OILS	Peppermint	NUTS & SEEDS	SWEETENERS
*Hot Peppers	Canola	Poppy Seeds	Filberts	*Honey - Raw
Jicama	*Corn	Rosemary	Pinons	Maple Syrup
*Kale	Flax	Saffron	Pumpkin	Molasses
Leeks	Mustard	Sage	Sunflower	
*Lettuce	Safflower	Spearmint		
*Mushrooms	Soy	Thyme		
*Mustard Greens	Sunflower	Turmeric		
*Onions			GRAINS	CONDIMENTS
*Parsley			Amaranth	Carob
*Peas			Barley	Pickles
*Potatoes, baked			Buckwheat	
*Radishes			Corn	
Seaweed			Millet	
Snow Peas			Oats, dry	
*Spinach			Quinoa	
*Swiss Chard			Rice, Brown, long grain	
*Turnips			Rye	
*Watercress				

Learn more about the seasonal diet in "The 3-Season Diet" by Dr. John Douillard