

# Grocery Shopping List *(example)*

## **Fruits/Vegetables**

Artichokes  
Asparagus  
Avocados  
Bell Peppers  
Bok Choy  
Broccoflower  
Broccoli  
Brussels Sprouts  
Cabbage  
Cauliflower  
Celery  
Collard Greens  
Cucumbers  
Eggplant  
Green Beans  
Kale  
Leeks  
Lemons  
Lettuce *(all varieties)*  
Limes  
Mangos  
Okra  
Onions  
Spaghetti Squash  
Spinach  
Swiss Chard  
Turnips  
Tomatoes  
Yellow Squash  
Zucchini

## **Meats**

Canadian Bacon  
Catfish  
Chicken  
Crab  
Crawfish  
Flounder  
Fresh Deli Meats  
(organic and sugar-free)

Lamb  
Lean Low-Fat Beef  
Lean Ground Beef  
or Turkey  
Orange Roughly  
Pork Chops  
Pork Steaks  
Salmon  
Shrimp  
Steaks - any lean cut  
Tenderloin  
Tilapia  
Turkey  
Turkey Bacon  
Trout  
Tuna

## **Canned Goods**

Apple Sauce  
(no sugar added)  
Asparagus  
Black Beans  
Black Olives  
Chicken  
Chicken Broth  
(no sugar added)  
Collard Greens  
Crab Meat  
Green Beans  
Kidney Beans  
Natural Nut Butters  
Pasta Sauce (see p. 22)  
Pinto Beans  
Red Beans  
Salmon  
Salsa (see p. 22)  
Specialty Soups  
Spinach  
Tomato Sauce  
(no sugar added)  
Tuna

## **Drinks**

Coffee  
Herbal Teas  
Lipton Tea  
Ozarka Flavored Waters  
Perrier Flavored Waters

## **Spices & Seasonings**

Basil  
Cajun Seasoning  
Cinnamon  
Dill  
Garlic  
Italian Seasoning  
Lemon Pepper  
Mrs. Dash  
Nutmeg  
Paprika  
Pepper  
Pumpkin Pie Spice  
Rosemary  
Salt  
Thyme

## **Miscellaneous**

Virgin Coconut Oil  
Cold-Pressed Olive Oil  
Eggs  
Lentils  
Raw Nuts  
Slow Cook Oatmeal

## **After 2 Weeks**

Butter  
Fruits listed as "favorable"

# Yeast-Free Product List

Below is a list of acceptable pre-packaged food products on the yeast-free portion of the Hotze Optimal Eating Program. All of these foods can be found at major supermarkets or health food stores. Avoid foods with added sugar, high-fructose corn syrup, or artificial sweeteners

## **Meats**

Smart Deli Ham  
Turkey Burgers  
Turkey Italian Sausage  
Turkey Sausage Patties

## **Canned Foods**

All Natural Chicken Broth  
Apple Sauce  
(no sugar added)  
Asparagus Spears  
Black Olives  
Breast of Chicken  
Chopped Spinach  
Chunk Light Tuna  
Collard Greens  
Cut Green Beans  
Fat Free Beef Broth  
Pink Salmon  
Tomatoes & Green Chilies  
Tomato Paste  
Turkey Chili with Beans  
- *Amy's Black Bean Chili*  
Whole Tomatoes

## **Nut Butters, Seeds and Beans**

- no honey roasted  
Almond Butter  
Black Beans  
Cashew Butter  
Chickpeas  
Dried Mixed Beans  
Flax Seed

Peanut Butter  
(organic - no sugar added)  
PB2 (Peanut powder)  
- just add water and  
*Sweet-n-Natural*  
Pistachios  
Pumpkin Seeds  
Small Red Beans  
Sunflower Seeds

## **Salsa and Spaghetti Sauce**

*Classico* Pasta Sauce  
*Clint's* Salsa  
*El Pinto* Salsa  
Guacamole  
- *Mi Mexico*  
Mom's Spaghetti Sauce  
- *Timpone's*  
Smoky Red Salsa  
- *Timpone's*  
*Tejano* Salsa  
*Texas Hospitality* Salsa

## **Soup Mixes and Broths**

All Natural Soups  
(organic and sugar-free)  
Beans and Herbs Soups  
*Imagine Foods* Organic  
Free-Range Chicken Broth  
Organic Vegetable Broth

## **Flours and Baking Products**

Almond Flour  
Aluminum-Free  
Baking Powder  
Black Bean Flour  
Baking Soda  
Coconut Flour  
Garbanzo Bean Flour  
Hazelnut Flour  
Oat Flour

## **Snacks**

*Terra* Chips – Original  
(in moderation, only!)

## **Milks - No soy**

Oat Plus Milk  
- *Westbrae Natural*  
Unsweetened Coconut Milk  
- *So Delicious*  
Unsweetened Almond Milk  
- *Almond Breeze*

## **Cold-pressed Olive Oils and Other Oils**

*Candoni*  
*Colavita*  
Lemony Olive Oil Dressing  
- *Isabella & Rae's*  
*Wilderness Family Naturals*  
Coconut Oil  
(at Physician's Preference®)

# Yeast-Free Product List *(continued)*

## **Oats**

Slow Cook Oatmeal

## **Drinks**

Bottled/Distilled Water

Coffee

Herbal Teas

Sparkling Water

Tea

*Zevia* sodas

## **Seasonings**

Barbecue Seasoning

Beef Fajita - *Adams*

Cajun Seasoning - *Adams*

Chicken and Herb

- *McCormick*

Garlic and Herb

- *Mrs. Dash*

Green Garlic Dressing

- *Annie's*

Italian Seasoning - *Adams*

Lemon Pepper - *Mrs. Dash*

Onion and Herb - *Mrs. Dash*

Organic Blend - *Mrs. Dash*

## **Protein Powder**

*Jay Robb* Whey Protein  
(any flavor)

*Olympian Labs* Pea Protein

- vegetarian

## **Sweeteners**

*Physician's Preference*®

*Sweet-n-Natural*®

## **Non-Petroleum Based Body Care Products**

(Body Lotion, Soap, Shampoo, Cleansers,  
Toothpaste, & Make-up)

*Skyn Iceland* Products (at Physician's Preference®)

*Arbonne* Products

*Bare Essentials*

*Burt's Bees*

*Camocare Gold* - Facial Products

*Earth Science* - Facial Products

*Get Fresh* - bath soap

*Kiss My Face*

*Lagona*

*Nature's Gate* Lotion

*Sappo Hill* - bath soap

*Shi Kai*

*Spry Xylitol* Toothpaste

*Tom's of Maine* - toiletries

*Zia* - Facial Products

## **Other**

*Physician's Preference*® *Sweet-n-Natural*® Gum

Peppermint, Cinnamon and Spearmint flavors