

Clear Skin Diet Shopping List

✓ Vegetables

- Buy enough to have vegetables with every meal and snack.
- Eat colorful foods from the whole spectrum of the rainbow!
- Try something new every week. Use the internet to find recipes.
- Don't forget sprouts.
- Alliums every week.
 - (onions, leeks, scallions, shallots, garlic)
- Crucifers every week.
 - (broccoli, cauliflower, Brussels sprouts, cabbages, radishes, kale, collards, kohlrabi)
- Avocados also qualify as healthy fats.

✓ Fruit

- Aim for 2-3 servings of fruit daily.
- Explore new fruits.
- Lemons for juice and peel.

✓ Protein

- Fish once or twice a week.
- Lean beef
- Lean pork
- Lamb
- Buffalo
- Chicken
- Turkey
- Game meat
- Eggs, especially omega-3 rich
- Beans/Tofu/Tempe

- Milk (also carbohydrate)
 - Cheese**
 - Sheep's milk – Manchego (a mild hard cheese), Bulgarian sheep feta
 - Goat milk – soft cheeses, goat gouda (Cabanca, Arina), goat feta
 - Yogurt**
 - Sheep's milk – Old Chatham Shepherding Company
 - Goat milk
- Nuts (also carbohydrate), raw & organic
 - Walnuts, almonds, hazelnuts, pecans, macadamia nuts, Brazil nuts, cashews

✓ Carbohydrates

- Vegetable carbs
 - Squash, winter
 - Beans, dried and green
 - Canned white, black, chickpeas, black-eyed peas, kidney, lentils
 - Sweet potatoes
 - White potatoes
 - Peas
 - Corn

- Whole grains
 - Bulgar wheat
 - Brown rice (try Basmati brown)
 - Wild rice
 - Buckwheat groats (Kasha)
 - Quinoa
 - Barley
 - Oats, steel cut
 - Millet

- Legumes
 - Lentils
 - Dried beans and peas

- Breads and pastas
 - Whole grain (& Sprouted, if possible)
 - Ezekiel
 - Wheat and corn tortillas

- Crackers / Chips
 - Whole grain crackers
 - Rye
 - Finn Crisp
 - Wasa
 - Brown rice
 - Wheat
 - Ak Mak
 - Nut rice crackers
 - Baked chips
 - Potato
 - Corn
 - Rice

✓ Fats and Oils

- Olive oil, extra virgin, organic
- Canola oil, cold pressed
- Flaxseed oil, cold pressed, dark container
- Butter
- Sesame, cold pressed
- Walnut, cold pressed
- Canola mayonnaise

Keep all oils, except olive oil, in the fridge or the freezer.

✓ Condiments/Spices/Herbs

- Mustard
- Catsup, low sugar
- Soy sauce
- Vinegar, unfiltered, raw, cider vinegar
- Rice vinegar
- Wine vinegar
- Salsa
- Bean dips

- Tapenade
- Pesto
- Hummus
- Ginger
- Rosemary
- Oregano
- Nutmeg
- Turmeric
- Cumin
- Dill
- Cilantro
- Basil
- (short list)

✓ Miscellaneous

- Rice protein powder or hemp protein powder
- Non-dairy milks: nut, rice, coconut
- Honey
- Stevia
- Salt
- Pepper
- Sherry

**Milk products may worsen acne in some people. Consider avoiding these for 1-3 months. If your acne improves, consider non-cow dairy, such as sheep or goat cheeses and yogurts. You may find that you tolerate small amounts of cow dairy or only lactofermented cow dairy (yogurt or kefir). Explore to find your personal threshold beyond which your acne flares.