



# Focus Foods

SKIN ENVY MEMPHIS CLEAR AND CONFIDENT

## SHOPPING LIST

This comprehensive shopping list will get you started on the path to optimal hormonal health and wellness. Some items may not be in supermarkets, so you may need to visit your local health food store or find them online.

### LEAFY GREENS

- Kale (CV)
- Spinach
- Collard Greens (CV)
- Swiss Chard
- Mustard Greens (CV)
- Broccoli Raab
- Beet Greens
- Dandelion Greens
- Arugula (CV)
- Red/Green Leaf Lettuce
- Romaine Lettuce

### CRUCIFEROUS VEGETABLES

- Bok Choy
- Broccoli
- Brussel Sprouts
- Cabbage (purple)
- Cauliflower
- Chinese Cabbage
- Turnips
- Watercress
- Radishes

### OTHER VEGETABLES

- Asparagus
- Onions
- Garlic
- Fennel
- Leeks
- Celery
- Zucchini
- Cucumbers
- Tomatoes
- Parsnips
- Bell Peppers
- Snap Peas

### MUSHROOMS

- Shitake Mushrooms
- Reishi Mushrooms
- Maitake Mushrooms
- White Mushrooms
- Oyster Mushrooms

### SWEET & ROOT VEGETABLES

- Sweet Potatoes & Yams
- Beets
- Pumpkin
- Plantains
- Acorn Squash
- Butternut Squash
- Kobacha Squash
- Spaghetti Squash
- Carrots
- Jicama
- Cassava
- Corn (organic, non-GMO)

### SEA VEGETABLES

- Spirulina
- Kombu
- Arame
- Hijiki
- Nori: flakes / sheets
- Dulse
- Wakame

*Remember, not everyone is sensitive to sea vegetables*



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### GRAINS

- Quinoa (GF)
- White, Brown or Black Rice
- Millet (GF)
- Steel-Cut Oats (make sure the label says gluten-free)
- Buskwheat (GF)
- Barley
- Brown Rice Pasta (GF)
- Soba Noodles (buckwheat) (GF)

### FRUITS

- Strawberries
- Blueberries
- Raspberries
- Gogi Berries
- Kiwi
- Cherries
- Pears
- Apples
- Lemons
- Nectarines
- Oranges
- Coconut
- Mangos

### PROTEIN

- Free-Range Organic Chicken
- Free-Range Organic Turkey
- Grass-Fed Organic Beef
- Free-Range / Pasterized Eggs
- Buffalo
- Duck
- Lamb
- Trout
- Tuna
- Mackerel
- Herring
- Sardines
- Wild caught Alaskan Salmon (Coho) or whatever is local

### BEANS

- Aduki Beans
- Kidney Beans
- Lentils (all colours)
- White Beans
- Garbonzo Beans
- Black Beans
- Split Peas

### NUTS & SEEDS

- Pumpkin Seeds
- Sunflower Seeds
- Chia Seeds
- Flax Seeds (ground only)
- Black Sesame or unhulled
- Sesame Seeds
- Almonds
- Walnuts
- Cashews
- Brazil Nuts



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### DAIRY

- Goat or Sheep Milk
- Full fat organic yogurt
- Raw/Unpasteurized cows milk
- Goat or Sheep's milk cheese
- Raw/Unpasteurized cow's milk cheese

### DAIRY SUBSTITUTES

- Coconut Milk (non-nut milk option) (V, DF)
- Nut Milks - Almonds, Cashew, Hazelnut (make sure there is no carrageenan) (V, DF)
- Other milk options - rice or hemp milk (V, DF)
- Coconut Milk Yogurt (V, DF)
- Coconut Cream (V, DF)
- Cashew Cream (V, DF)
- Ghee (DF)
- Nut Cheese (cashew, almond, and macadamia nut) (V, DF)

### SWEETENERS

- 100% Pure Maple Syrup (Grade B)
- Dark Chocolate (80% Cacao & up)
- Raw Honey
- Monk Fruit

### FATS, OILS & BUTTERS

- Avocado (V, DF, GF)
- Avocado Oil (for high heat cooking) (V, DF, GF)
- Coconut Oil (V, DF, GF)
- Coconut Butter (V, DF, GF)
- Avocado Oil Mayo (Primal Kitchen) (GF)
- Cold-Pressed Olive Oil (for salads) (V, DF, GF)
- Almond Butter (unsweetened) (V, DF, GF)
- Sunflower Butter (sold as Sunbutter) (V, DF, GF)
- Cashew Butter (unsweetened) (V, DF, GF)
- Apple Butter (unsweetened) (V, DF, GF)
- Grass-fed Butter (GF)
- Ghee (DF Butter for high heat cooking)





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### SPICES

- Turmeric
- Saffron
- Bay Leaf
- Thyme
- Sage
- Rosemary
- Dill
- Fennel
- Cumin
- Basil
- Cayenne Pepper
- Caraway
- Mustard Seeds
- Cardamom
- Vanilla

### CONDIMENTS

- Good quality Sea Salt
- Balsamic Vinegar
- Pesto
- Tahini
- Gluten Free Ketchup
- Horseradish
- Sauerkraut
- Homemade or Primal
- Kitchen Dressings
- Natural Organic Mustard
- Organic Sauerkraut
- Cacao Powder or Nibs
- Fresh Ginger
- Fresh Garlic
- Fresh Parsley
- Coconut aminos (soy sauce substitute)
- Tamari (GF soy sauce)

### BEVERAGES

- Sparkling Water
- Lightly flavoured sparkling water like Spindrift
- Filtered water - Berkey water filter
- Green Tea
- Red Raspberry Leaf Tea
- Coconut Water
- Nettle Tea
- Dandelion Root Tea
- Kukicha Tea/Green Twig Tea
- Peppermint Tea
- Chamomile Tea



# Thank You

## Your Next Steps

- Clean out that Pantry
- Plan and prep your grocery visit
- Sign Up for 1:1 Skin and Nutrition Support
- Join our Clear and Confident virtual acne program

## Links For You

- [Schedule and in person treatment](#)
- [Link to Clear and Confident Program](#)

Medical Disclaimer - INFORMATIONAL PURPOSES ONLY

All information contained in this document is for informational purposes only. It is not intended to diagnose, treat, cure, or prevent health problems. For all serious health issues, please advise clients to contact a medical or nutrition practitioner. The information provided is based on the best knowledge of the author at the time of writing, and we do not assume liability for the information, be it direct or indirect, consequential, special exemplary, or other damages. In all circumstances, it is always wise to consult with a physician before changing your diet, taking supplements, or starting any exercise or health program.

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