

THRIVE DIET SHOPPING LIST

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Products Endorsed: Maine Coast seaweeds

Sambazon brand Acai in frozen puree smoothie packs

Manitoba Harvest hemp * Sequel Naturals Macasure and Chloressence

NOTE: This is only keyed in and provided as the book website doesn't have this list avail.

VEGETABLES

Avocado
Beets
Carrots
Celery
Cucumber
Dinosaur Kale
Garlic
Ginger
Mixed Greens
Onion (Spanish)
Red Bell Pepper
Scallions
Sun Dried Tomatoes
Tomatoes
Zuchinni
Squash
Sweet Potatoes
Yams

Arame
Dulse
Kelp
Nori Sheets

FRUIT

Apples
Bananas
*Blueberries (can be conv./froz)
*Dates (fresh/dried)
Grapefruit
Lemons
Limes
Mangos
Oranges
Papaya
Pears
Pineapple
Plantain
Pomegranates

LEGUMES

Adzuki Beans
Black Beans
* Black Eyed Peas(spro)
Chickpeas
Lentils (brown, green, red)
Peas (green,yellow)

SEEDS

*Flaxseed
Hemp
Pumpkin
*Sesame (unhulled?)
Sunflower

Pseudo Grains
Amaranth (for popping)
*Buckwheat
Quinoa
Wild Rice

GRAINS

Brown Rice
Oats

NUTS

Almonds
Macadamia
Spelt

FLOUR

Chickpea
Hemp
Spelt

SWEETENERS

Agave Nectar
Blackstrap Molasses
Stevia Leaf Powder

VINEGARS: Apple+Bals.

HERBS

Basil
Chilies
Cilantro
Dill
Mint
Oregano
Parsley
Thyme

SPICES

Black Pepper
Cardamom
Cayenne
Cinnamon
Coriander
Cumin
Nutmeg
Paprika
Tumeric

OILS

Coconut
Extra Virgin Olive
Flaxseed
*Hemp (Manitoba Harv)
Pumpkin Seed

FRIDGE

Brown Rice Miso Paste

PROTEIN POWDERS

(p.218 complete amino)
*Hemp (Manitoba Harvest)
*Yellow Pea (Nutralys?)
*Brown Rice Protein