

# Your O<sub>2</sub> Shopping List

Farmers' markets are my homes away from home. Although it would be nice to eat straight from the sea and the farm all the time, we eventually have to buy food from the grocery store. I like to give my clients specific lists of brands to help them navigate their way through the aisles. The brands listed here are some of my favorites, but there are many more to choose from, and new brands and products pop up every day. Check out [www.theO2diet.com](http://www.theO2diet.com) for a continually updated grocery list of my favorite food products.

## Produce

### Fresh Fruit

Fuji apples  
Gala apples  
Granny Smith apples  
Red Delicious apples  
Apricots  
Avocados (Remember, avocado is really a fat!)  
Bananas  
Blackberries  
Blueberries  
Raspberries  
Strawberries  
Cantaloupe  
Cherries  
Figs  
Grapefruit  
Red grapes  
White grapes  
Guavas  
Honeydew  
Kiwifruit  
Mangoes  
Nectarines  
Oranges  
Papayas  
Passion fruit  
Peaches  
Pears  
Pineapple, extra sweet variety  
Plums  
Pomegranates  
Prunes  
Tangerines  
Watermelon

**Frozen Fruit**

Cascadian Farm Organic Blueberries  
Cascadian Farm Organic Cherries  
Cascadian Farm Organic Strawberries  
Sambazon Pure Unsweetened Acai Organic Berry Puree  
Smoothie Packs

**Other**

Currants  
Raisins  
Eden Organic Dried Cranberries  
Santa Cruz Organic Apple Blackberry Sauce  
Santa Cruz Organic Apple Sauce  
Shiloh Farms Pitted Bing Cherries

**Fresh Vegetables**

Corn\*  
Red potatoes\*  
Russet potatoes\*  
Sweet potatoes\*  
White potatoes\*  
Butternut squash\*  
Spaghetti squash\*  
Alfalfa sprouts  
Artichokes  
Arugula  
Asparagus  
Beets  
Bok choy  
Broccoli  
Broccoli rabe  
Brussels sprouts  
Cabbage  
Red cabbage  
Carrots  
Cauliflower  
Celery  
Cucumbers  
Dandelion greens  
Eggplant  
Fennel  
Garlic  
Green beans  
Jicama  
Kale  
Leeks  
Boston/Bibb lettuce  
Red leaf lettuce  
Romaine lettuce

*\*Remember, these are considered starches!*

Mushrooms  
Red onions  
Sweet onions  
White onions  
Yellow onions  
Green bell peppers  
Orange bell peppers  
Red bell peppers  
Yellow bell peppers  
Jalapeño chile peppers  
Radishes  
Scallions  
Snow peas  
Spinach  
Swiss chard  
Grape tomatoes  
Plum tomatoes  
Red tomatoes  
Water chestnuts  
Watercress  
Zucchini  
Kombu Seaweed Noodles

### **Frozen Vegetables**

Asparagus  
Broccoli  
Corn  
Peas  
Spinach  
Cascadian Farm Organic Frozen Mixed Vegetables: Carrots, Corn, and Peas  
Columbia River Organics Harvest Trio  
Dr. Praeger's Pancakes (Spinach, Broccoli, Sweet Potato)  
Seapoint Farms Veggie Blends: Eat Your Greens (My fave!)  
Seapoint Farms Veggie Blends: Oriental Blend

### **Grocery**

#### **Breads**

Pumpnickel bread  
Whole grain/seven-grain bread  
Whole wheat bread  
Damascus Bakeries Flax Roll-Ups  
French Meadow Bakery Hemp Bread  
Nature's Path Organic Pomegran Plus with Oatbran Waffles (frozen)  
Rudi's Organic Bakery Whole Grains & Fiber: Wheat & Oat Bread  
Thomas' Sahara Mini Whole Wheat Pita Bread  
Vermont Bread Company 14 Grains Organic Oat Bread  
Vermont Bread Company Oat Bran Oatmeal Bread

## **Cereals**

Steel-cut oats

Arrowhead Mills Instant Oatmeal: Original Plain

Health Valley Organic Fiber 7 Multigrain Flakes

Health Valley Organic Oat Bran Flakes

Kellogg's All-Bran

McCann's Irish Oatbran Hot Cereal

Nature's Path Organic SmartBran with Psyllium & Oat Bran

Quaker Instant Oatmeal

Uncle Sam Instant Oatmeal

Uncle Sam Toasted Whole-Wheat Flakes & Flaxseed Original

Crackers, Chips, and Popcorn

Bearitos Organic No Oil Added Microwave Popcorn

FiberRich Bran Crackers

Garden of Eatin' Microwave Popcorn, no oil added

GG Scandinavian Bran Crispbread

Newman's Own Organics Pop's Corn No Butter/No Salt 94% Fat-Free

Ryvita Rye & Oat Bran Whole Grain Rye Crispbread

Wasa Fiber Rye with Sesame & Oats Crispbread

## **Grains**

Amaranth

Bulgur

Kamut

Millet

Quinoa

Bob's Red Mill Bulgur

DeBoles Gluten Free Multi Grain Spaghetti Style Pasta Made with Rice, Quinoa, and Amaranth

DeBoles Organic Whole Wheat Angel Hair Made with Jerusalem Artichoke Flour

DeBoles Organic Whole Wheat Plus Golden Flax Angel Hair

Eden 100% Buckwheat Soba Noodles

Kretschmer Wheat Germ

## **Soup**

Health Valley Fat-Free Black Bean & Vegetable Soup

Health Valley Fat-Free Chicken Broth

Health Valley Five Bean and Vegetable Soup

Health Valley No-Salt-Added Organic Black Bean Soup

Health Valley Organic 14 Garden Vegetable Fat-Free Soup

Health Valley Organic Potato Leek Soup No Salt Added

Imagine Bistro Organic Cuban Black Bean Bisque

Imagine Natural Creations Light in Sodium Creamy Red Bliss Tomato & Roasted Garlic Soup

Imagine Natural Creations Organic Lentil Apple Soup

Imagine Organic Sweet Potato Soup

## **Other Packaged Foods**

Arrowhead Mills Organic Oat Flour

Arrowhead Mills Whole Grain Organic Pastry Flour

Marinated artichoke hearts packed in water (canned or jarred)

Monterey Farms artihearts  
Black bean dip  
Black beans  
Black-eyed peas  
Chickpeas  
Kidney beans  
Lentils  
Pinto beans  
Split peas  
Westbrae beans (My fave!)  
Casbah Hummus  
Kombu Seaweed Noodles  
Libby's 100% Pure Pumpkin

### **Eggs**

The Country Hen Organic Omega-3 Eggs  
Horizon Organic Eggs  
Land O'Lakes Omega-3 All-Natural Eggs  
Organic Valley Organic Large Brown Eggs  
Egg Products  
Eggology 100% Egg Whites  
Gold Circle Farms Cage Free DHA Omega-3 98% Real Eggs  
(Liquid egg whites)  
Organic Valley Organic Egg Whites

### **Milk**

Hemp Dream Hemp Drink, Original  
Hemp Dream Hemp Drink, Vanilla  
Oat Dream Oat Drink, Original  
Organic Valley Organic Cultured Lowfat Buttermilk  
Silk DHA Omega-3 & Calcium, Plain  
Silk Light Soymilk, Plain  
Silk Soymilk, Plain  
Skim Plus Chocolate Milk  
Skim Plus Milk  
Stonyfield Farm Organic Fat Free Milk  
WestSoy Unsweetened Chocolate Soymilk  
WestSoy Unsweetened Vanilla Soymilk

### **Yogurt**

Fage Total 0% Greek Yogurt  
Oikos Organic Greek Yogurt, Plain  
Oikos Organic Greek Yogurt, Vanilla  
Silk Plain Soy Yogurt  
Stonyfield Farm Light Smoothie  
Stonyfield Farm Organic Probiotic Fat-Free Yogurt  
True Organic Lactose Free Low Fat Plain Yogurt from Vermont

### **Cheese**

Cottage cheese (low fat or fat free)  
Part-skim mozzarella cheese  
Parmesan cheese  
Athenos Crumbled Feta with Garlic and Herb

Athenos Crumbled Reduced Fat Feta Cheese  
Cabot 50% or 75% Reduced Fat Cheddar  
Friendship All Natural Spreadable Low Fat Cottage Cheese 1% Milk Fat, Whipped  
Lite N' Lively Low-Fat Cottage Cheese  
Rachel's Wickedly Delicious Cottage Cheese (Any sweet or savory flavor—I love Pear Mangosteen!)

### **Nuts, Nut Butters, and Seeds**

Almonds  
Brazil nuts  
Cashews  
Hazelnuts  
Macadamia nuts  
Peanuts  
Pecans  
Pine nuts  
Pistachios  
Sesame seeds  
Sunflower seeds  
Walnuts  
Bob's Red Mill Finely Ground Almond Meal  
MaraNatha Natural No Salt Added Creamy & Roasted Almond Butter  
MaraNatha Natural No Salt Added Creamy & Roasted Cashew Butter  
MaraNatha Natural No Salt Added Creamy & Roasted Peanut Butter  
Spectrum Cold Milled Organic Ground Premium Flaxseed  
Spectrum Cold Milled Ground Premium Flaxseed with Mixed Berries

### **Oils**

Extra virgin olive oil  
Colavita 100% Organic Olive Oil  
Nutiva Extra-Virgin Coconut Oil  
Spectrum Canola Oil  
Spectrum Grapeseed Oil  
Spectrum Organic Extra Virgin Olive Oil  
Spectrum Organic Unfiltered Omega-3 Olive Oil  
Spectrum Peanut Oil  
Spectrum Safflower Oil  
Spectrum Toasted Sesame Oil  
Spectrum Walnut Oil

### **Poultry**

#### **Fresh**

Skinless chicken breast  
Cornish hen  
Fat-free ground turkey  
Turkey breast  
Applegate Farms Oven Roasted Turkey Breast deli slices

**Frozen**

Chicken/turkey meatballs  
Applegate Farms Organic Turkey Burger  
Bell & Evans Grilled Chicken Breasts  
Free Bird Grilled Chicken Breast Strips

**Other**

Applegate Farms Natural Turkey Bacon  
Applegate Farms Organic Chicken Hot Dogs  
Applegate Farms Organic Turkey Hot Dogs  
Han's All Natural Chicken Sausage  
SnackMasters Range Grown Natural Turkey Jerky

**Seafood****Fresh**

Clams  
Cod  
Flounder  
Halibut  
King crab  
Lobster  
Mackerel  
Mahimahi  
Mussels  
Red snapper  
Salmon (wild)  
Sardines  
Scallops  
Sea bass  
Shrimp  
Sole  
Tilapia  
Tuna

**Frozen**

Whole catch halibut  
Whole catch shrimp in a bag  
EcoFish Frozen Coho Alaska Salmon Fillets  
EcoFish Frozen Organic Shrimp  
St. Dalfour Gourmet On the Go Wild Salmon with Vegetables  
Canned or Vacuum Packed  
Tuna (canned chunk light in water)  
King Oscar Sardines  
SnackMasters All Natural Gourmet Ahi Tuna Jerky  
SnackMasters All Natural Gourmet Salmon Jerky  
Sunkist Tuna Pouch  
VitalChoice Albacore Tuna

**Meat****Fresh**

Beef sirloin  
Beef tenderloin  
Flank steak  
Ground beef (95% lean)  
Extra lean ham  
Lamb loin  
Pork center loin chops  
Pork cutlets  
Ground pork  
Pork tenderloin  
Applegate Farms Roast Beef Deli Slices  
Applegate Farms Slow Cooked Ham Deli Slices  
Great Range Bison Buffalo Steak Medallions

**Vegetarian Options**

Firm tofu  
Tempeh  
Dr. Praeger's California Burgers  
Gardenburgers  
House Foods Tofu Shiritaki Noodles  
NaSoya Lite Firm Tofu  
Seapoint Farms Edamame Organic Soybeans in Pods

**Beverages****Wine**

Cabernet  
Red  
Rosé  
White

**Tea**

Green tea  
Celestial Seasonings Black Cherry Berry Herbal Tea  
Celestial Seasonings Goji Berry Green Tea  
Celestial Seasonings Raspberry Zinger Herbal Tea  
Celestial Seasonings Tropical Acai Berry Green Tea  
Celestial Seasonings True Blueberry Herbal Tea  
The Republic of Tea Daily Green Tea Wild Berry Plum  
Traditional Medicinals Organic Roasted Dandelion Root Herbal Tea  
Traditional Medicinals Think-O2 Herbal Dietary Supplement

**Juice**

Blueberry juice  
Cranberry juice  
Grape juice  
Lemon juice  
Lime juice  
Pomegranate juice

Prune juice  
Tomato juice  
Vegetable juice  
Hollywood Carrot Juice  
Lakewood Organic Heart Healthy Pomegranate with Goji 100%

**Fruit Juice**

Lakewood Organic Pomegranate Lemonade  
Mountain Sun Grape and Acai  
Mountain Sun Pomegranate and Black Cherry  
RW Knudsen Family Simply Nutritious Mega Antioxidant Natural 100% Juice  
RW Knudsen Family Simply Nutritious Mega Green Natural 100% Juice  
Zico coconut water

**Coffee**

Whatever you like. I prefer Starbucks Breakfast Blend.

**Herbs and Spices** (I love McCormick and Whole Pantry brands.)

Dried basil leaves  
Fresh basil  
Black pepper  
Cardamom  
Chili powder  
Chives  
Cilantro  
Ground cinnamon  
Ground cloves  
Coriander (cilantro)  
Curry powder  
Fresh dill weed  
Garlic powder  
Ginger  
Ground ginger  
Mint leaves  
Yellow mustard seed  
Nutmeg  
Onion powder  
Dried oregano leaves  
Fresh oregano  
Paprika  
Parsley  
Fresh peppermint  
Poppy seeds  
Fresh sage  
Fresh tarragon  
Ground turmeric

## **Condiments**

Baking powder  
Baking soda  
Hot cayenne pepper sauce  
Canned light coconut milk  
Honey  
Spicy brown mustard  
Pesto  
Soy sauce (low sodium)  
Turbinado sugar  
Oil-packed sun-dried tomatoes  
Umeboshi (pickled plums)  
Pure vanilla extract  
Apple cider vinegar  
Brown rice vinegar  
Annie's Naturals Organic Pomegranate Vinaigrette  
Ba-Tampte White Horseradish  
Bragg Organic Healthy Vinaigrette  
Buitoni Pesto with Basil  
Colavita Marinara Sauce  
Cuisine Perel Black Fig Vinegar  
Cuisine Perel Blood Orange Vinegar  
Cuisine Perel Pomegranate Vinegar  
Gourmé Mist Fusions Balsamic Vinegar + Raspberry  
Grey Poupon Deli Horseradish Mustard  
Grey Poupon Dijon Mustard  
Heinz Organic Ketchup  
Madhava Agave Nectar  
Monari Federzoni Balsamic Vinegar of Modena  
Muir Glen Salsa  
Real Pickles Organic Red Cabbage  
Spectrum Canola Oil Cooking Spray  
Spectrum Naturals Organic Golden Balsamic Vinegar  
Spectrum Organic Red Wine Vinegar  
Spectrum Vegan Caesar Dressing  
True Lemon Crystallized Lemon  
True Lime Crystallized Lime  
True Orange Crystallized Orange

## **Indulgences**

Unsweetened dry cocoa powder  
Dagoba Organic Chocolate Beaucoup Berries  
Emily's Dark Chocolate Covered Blueberries  
Green & Black's Hazelnut & Currant Organic Chocolate Bar  
Hershey's Chocolate Syrup  
NewTree Alpha Thym Dark Chocolate Bar  
Sunspire Chocolate-Covered Blueberries  
Sweet Riot  
TerrAmazon Organic Cacao Powder with Maca