

Fall/Early Winter Grocery List

Fall is dry, light and cold. In order to stay balanced, eat foods of the opposite quality. Rad idea, right!

- Eat warm, moist and heavy foods.
- Favor cooked foods over raw...unless you are a raw foody.
- Add tons of spices to ignite your digestive fire.

This is certainly not an exhaustive list. But a great starting place. If you are attracted to a food not on this list, taste it. **If it is sweet, sour or salty it is balancing during fall.** If it is pungent, bitter or astringent eat it in moderation.



Veggies

Root veggies are your new best friend.

Avocados
Beets
Carrots
Chilies
Corn
Eggplant, cooked
Garlic
Ginger
Hot Peppers
Leeks
Onions
Parsley
Potatoes, mashed
Pumpkins
Seaweed, cooked
Squashes
Sweet Potatoes
Turnips

Dips

Make it an oily feast...with healthy oils of course.

Almond
Avocado
Canola
Coconut
Olive
Peanut
Safflower
Sesame
Sunflower

Fruits

Think sweet, sour and heavy fruits. Stewed fruits are best.

Apples, cooked
Apricots
Bananas
Cherries
Coconuts
Cranberries
Dates, cooked
Figs
Grapefruit
Grapes
Lemons
Limes
Mangoes
Nectarines
Oranges
Papayas
Peaches
Pears, ripe
Persimmons
Pineapples
Plums
Tangerines

Spices

Go wild with spices. Digestive fire is low during fall. Spices help to ignite it.

Anise
Asafetida
Basil
Bay Leaf

Black Pepper
Caraway
Cardamom
Cayenne
Chamomile
Cinnamon
Clove
Coriander
Cumin Dill
Fennel
Fenugreek
Garlic
Ginger
Marjoram
Mustard
Nutmeg
Oregano
Rosemary
Saffron
Tarragon
Thyme
Turmeric

Meat & Fish

All meat, eggs and fish are good. They are heavy and grounding.

Nuts & Seeds

Make it a nut and seed delight. Like meat they are heavy and grounding.

Almonds
Cashews
Coconuts
Filberts
Flax
Peanuts, raw
Pecans
Pinons
Pistachios
Sunflower
Walnuts

Dairy

Eat up the dairy. Room temp or warm is best (such as boiled milk).

Butter
Buttermilk
Cheese
Cottage cheese
Cream
Ghee
Kefir Milk
Sour cream

Sweeten it up

Sweet is grounding and nourishing i.e. great for the fall. Keep moderation though to keep your blood sugar in check:

Honey, raw
Maple Syrup
Molasses

Sugar, Raw
Rice Syrup

Grains

Go for the grain.

Amaranth
Oats
Quinoa
Rice, white
Rice, brown
Brown Rye
Wheat

Beans & Legumes

Eat in moderation as they are astringent.

Drinks

Choose warm beverages that are calming.

Cardamom
Cinnamon
Chamomile
Cloves
Ginger
Tulsi