

Food Farmacy Grocery Checklist — Anti-PMS

PROTEIN

- Grass fed beef
- Organ meat, like liver
- Wild Caught fish
- Shellfish
- Organic Poultry

NUTS AND SEEDS

- Walnuts
- Chia seeds
- Hemp seeds
- Flax seeds

GRAINS

- Gluten free oats
- Quinoa
- Brown rice
- Amaranth

VEGETABLES AND FRUITS

- Bananas
- figs
- Berries
- Dark leafy greens
(spinach, kale, collard greens)
- Artichokes
- Broccoli
- Cauliflower
- Avocado
- Cucumbers
- Watermelon
- Garlic
- Onions
- Leeks

SPICES AND HERBS

- Ginger
- Turmeric
- Ashwagandha

DAIRY AND DAIRY ALTERNATIVES

- Parmesan cheese
- Whey protein powder
- Full fat organic yogurt

SWEET TREATS

- 70% or more dark chocolate
- Chamomile tea
- Cocoa powder

CONDIMENTS AND SAUCES

- Nutritional yeast
- Pesto
- Red or green curry paste

PANTRY

- Chickpeas
- Lentils
- Canned salmon
- Canned Sardines
- Full-fat coconut milk