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INTEGRATIVE MEDICINE

T H E

# IMMUNITY KITCHEN



# Trash

- DESSERTS
- WHITE SUGAR
- SPLENDA
- HIGH FRUCTOSE CORN SYRUP  
( KETCHUP, PANCAKE SYRUP)
- BLEACHED WHITE FLOUR
- RED DYES
- BLUE DYES
- ALL DYES
- PACKAGES OR CONVENIENCE  
FOODS - CHIPS, CRACKERS
- VEGETABLE OILS - SOYBEAN,  
CORN
- CANNED SOUPS
- MARGARINE
- FAT FREE DAIRY
- PROCESSED PEANUT BUTTER
- FLAVORED YOGURTS
- CANNED VEGGIES
- FAT FREE DRESSING
- CANNED FRUIT
- FULL SODIUM BROTH
- CONDENSED MILK
- SAUSAGE
- BACON
- PREMADE GRAVY
- POWDERED DIPS
- SEASONED COATINGS

## ✓ Whole Grains

- AMARANTH, QUINOA
- BROWN RICE
- WILD RICE
- BARLEY
- COUSCOUS
- KAMUT
- MILLET
- OATS
- RYE
- SPELT

## ✓ Healthy Oils/Fats

- AVOCADO
- OLIVE
- GRAPESEED
- SAFFLOWER

## ✓ Fresh Vegetables

## ✓ Fresh Fruit

## ✓ Frozen Vegetables

## ✓ Frozen Fruit

## ✓ Sauces/Condiments

- TAMARA
- LIQUID AMINOS
- TOMATILLO SAUCE
- RED PEPPER SAUCE
- UNSWEETENED KETCHUP
- PASTA SAUCE, UNSWEETENED, LOW SALT
- MARINARA SAUCE
- HOT SAUCE
- BBQ SAUCE - FREE OF HIGH FRUCTOSE CORN SYRUP
- AVOCADO SAUCE
- MUSTARD
- SALSA
- PESTO
- TOMATO PASTE
- LEMON JUICE
- VINEGAR
- HUMMUS
- GUACAMOLE
- NUT BUTTERS

# Stash

## ✓ Dairy/Non-Dairy

- GREEK YOGURT
- FARMERS CHEESE
- PANEER
- FULL FAT MILK -  
COCONUT, ALMOND, OAT

## ✓ Spices/Herbs

- GARLIC
- GINGER
- CILANTRO
- BASIL
- PARSELY
- TURMERIC
- CAYENNE
- CUMIN
- PAPRIKA
- GARLIC POWDER

## ✓ Drinks

- WATER- STILL OR  
SPARKLING
- FRUIT WATER
- HERBAL TEA
- VEGETABLE JUICES

## ✓ Protein

- BEANS
- LENTILS
- CHICKEN
- FISH
- EGGS
- BEEF/PORK
- GOAT

## ✓ Breads/Pasta

- SPROUTED GRAIN
- SOURDOUGHT, WHOLE  
WHEAT
- CHICKPEA PASTA
- LENTIL PASTA
- BUCKWHEAT PASTA

# Shopping List

PICK 2-3 ITEMS PER CATEGORY WEEKLY TO KEEP YOUR KITCHEN AND PANTRY FRESH AND INTERESTING.

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
PROTEIN				
DAIRY/NON-DAIRY				
FRESH VEG/FRUIT				
FROZEN VEG/FRUIT				
SPICES				
CONDIMENTS				
GRAIN				
DRINKS				
OILS/FATS				