



Clear Skin Shopping List

JESSICA ELIZABETH SKINCARE

This comprehensive shopping list will get you started on the path to optimal hormonal health and wellness. Some items may not be in supermarkets, so you may need to visit your local health food store or find them online.

LEAFY GREENS

- Kale (CV)
- Spinach
- Collard Greens (CV)
- Swiss Chard
- Mustard Greens (CV)
- Broccoli Raab
- Beet Greens
- Dandelion Greens
- Arugula (CV)
- Red/Green Leaf Lettuce
- Romaine Lettuce

CRUCIFEROUS VEGETABLES

- Bok Choy
- Broccoli
- Brussel Sprouts
- Cabbage (purple)
- Cauliflower
- Chinese Cabbage
- Turnips
- Watercress
- Radishes

OTHER VEGETABLES

- Asparagus
- Onions
- Garlic
- Fennel
- Leeks
- Celery
- Zucchini
- Cucumbers
- Tomatoes
- Parsnips
- Bell Peppers
- Snap Peas

MUSHROOMS

- Shitake Mushrooms
- Reishi Mushrooms
- Maitake Mushrooms
- White Mushrooms
- Oyster Mushrooms

SWEET & ROOT VEGETABLES

- Sweet Potatoes & Yams
- Beets
- Pumpkin
- Plantains
- Acorn Squash
- Butternut Squash
- Kobacha Squash
- Spaghetti Squash
- Carrots
- Jicama
- Cassava
- Corn (organic, non-GMO)

SEA VEGETABLES

- Spirulina
- Kombu
- Arame
- Hijiki
- Nori: flakes / sheets
- Dulse
- Wakame

Remember, not everyone is sensitive to sea vegetables



GRAINS

- Quinoa (GF)
- White, Brown or Black Rice
- Millet (GF)
- Steel-Cut Oats (make sure the label says gluten-free)
- Busk wheat (GF)
- Barley
- Brown Rice Pasta (GF)
- Soba Noodles
- (buckwheat) (GF)

BEANS

- Aduki Beans
- Kidney Beans
- Lentils (all colours)
- White Beans
- Garbonzo Beans
- Black Beans
- Split Peas

FRUITS

- Strawberries
- Blueberries
- Raspberries
- Gogi Berries
- Kiwi
- Cherries
- Pears
- Apples
- Lemons
- Nectarines
- Oranges
- Coconut
- Mangos

NUTS & SEEDS

- Pumpkin Seeds
- Sunflower Seeds
- Chia Seeds
- Flax Seeds (ground only)
- Black Sesame or unhulled
- Sesame Seeds
- Almonds
- Walnuts
- Cashews
- Brazil Nuts

PROTEIN

- Free-Range Organic Chicken
- Free-Range Organic Turkey
- Grass-Fed Organic Beef
- Free-Range / Pasterized Eggs
- Buffalo
- Duck
- Lamb
- Trout
- Tuna
- Mackerel
- Herring
- Sardines
- Wild caught Alaskan Salmon (Coho) or whatever is local

BEANS

- Aduki Beans
- Kidney Beans
- Lentils (all colours)
- White Beans
- Garbonzo Beans
- Black Beans
- Split Peas



FRUITS

- Strawberries
- Blueberries
- Raspberries
- Gogi Berries
- Kiwi
- Cherries
- Pears
- Apples
- Lemons
- Nectarines
- Peaches
- Pineapple
- Papaya
- Bananas
- Grapefruit
- Oranges
- Coconut
- Mangos

NUTS & SEEDS

- Pumpkin Seeds
- Sunflower Seeds
- Chia Seeds
- Flax Seeds (ground only)
- Black Sesame or unhulled Sesame Seeds
- Almonds
- Walnuts
- Cashews
- Brazil Nuts

Remember, Dairy can be highly inflammatory for some individuals due to a protein called A1 casein found in Holstein cow milk. A1 casein causes inflammation and that inflammation, coupled with mTOR activation, is the perfect storm for acne. The A2 casein from goats, sheep, and Jersey cows does not cause inflammation for some individuals.

DAIRY

- Goat or Sheep Milk
- Full fat organic yogurt
- Raw/Unpasteurized cows milk
- Goat or Sheep's milk cheese
- Raw/Unpasteurized cow's milk cheese

DAIRY SUBSTITUTES

- Coconut Milk (non-nut milk option) (V, DF)
- Nut Milks - Almonds, Cashew, Hazelnut (make sure there is no carrageenan) (V, DF)
- Other milk options - rice or hemp milk (V, DF)
- Coconut Milk Yogurt (V, DF)
- Coconut Cream (V, DF)
- Cashew Cream (V, DF)
- Ghee (DF)
- Nut Cheese (cashew, almond, and macadamia nut (V, DF)

SWEETENERS

- Raw Honey
- Monk Fruit
- 100% Pure Maple Syrup (Grade B)
- Dark Chocolate (80% Cacao & up)



FATS, OILS & BUTTERS

- Avocado (V, DF, GF)
- Avocado Oil (for high heat cooking) (V, DF, GF)
- Coconut Oil (V, DF, GF)
- Coconut Butter (V, DF, GF)
- Avocado Oil Mayo (Primal Kitchen) (GF)
- Cold-Pressed Olive Oil (for salads) (V, DF, GF)
- Almond Butter (unsweetened) (V, DF, GF)
- Sunflower Butter (sold as Sunbutter) (V, DF, GF)
- Cashew Butter (unsweetened) (V, DF, GF)
- Apple Butter (unsweetened) (V, DF, GF)
- Grass-fed Butter (GF)
- Ghee (DF Butter for high heat cooking)

SPICES

- Turmeric
- Saffron
- Bay Leaf
- Thyme
- Sage
- Rosemary
- Dill
- Fennel
- Cumin
- Basil
- Cayenne Pepper
- Caraway
- Mustard Seeds
- Cardamom
- Vanilla

CONDIMENTS

- Good quality Sea Salt
- Balsmic Vinegar
- Pesto
- Tahini
- Gluten Free Ketchup
- Horseradish
- Sauerkraut
- Homemade or Primal
- Kitchen Dressings
- Natural Organic Mustard
- Organic Sauerkraut
- Cacao Powder or Nibs
- Fresh Ginger
- Fresh Garlic
- Fresh Parsley
- Coconut aminos (soy sauce substitute)
- Tamari (GF soy sauce)

BEVERAGES

BEVERAGES

- Sparkling Water
- Lightly flavoured sparkling water like Spindrift
- Filtered water - Berkey water filter
- Green Tea
- Red Raspberry Leaf Tea
- Nettle Tea
- Dandelion Root Tea
- Kukicha Tea/Green Twig Tea
- Peppermint Tea
- Chamomile Tea