

# THRIVE DIET SHOPPING LIST

Typed By Anthony Torres orlandont.com 01/30/08

Products Endorsed: Maine Coast seaweeds

Sambazon brand Acai in frozen puree smoothie packs

Manitoba Harvest hemp \* Sequel Naturals Macasure and Chloressence

NOTE: This is only keyed in and provided as the book website doesn't have this list avail.

## VEGETABLES

Avocado  
Beets  
Carrots  
Celery  
Cucumber  
Dinosaur Kale  
Garlic  
Ginger  
Mixed Greens  
Onion (Spanish)  
Red Bell Pepper  
Scallions  
Sun Dried Tomatoes  
Tomatoes  
Zuchinni  
Squash  
Sweet Potatoes  
Yams  
  
Arame  
Dulse  
Kelp  
Nori Sheets

## FRUIT

Apples  
Bananas  
\*Blueberries (can be conv./froz)  
\*Dates (fresh/dried)  
Grapefruit  
Lemons  
Limes  
Mangos  
Oranges  
Papaya  
Pears  
Pineapple  
Plantain  
Pomegranates

## LEGUMES

Adzuki Beans  
Black Beans  
\* Black Eyed Peas(spro)  
Chickpeas  
Lentils (brown, green, red)  
Peas (green,yellow)

## SEEDS

\*Flaxseed  
Hemp  
Pumpkin  
\*Sesame (unhulled?)  
Sunflower  
  
Pseudo Grains  
Amaranth (for popping)  
\*Buckwheat  
Quinoa  
Wild Rice

## GRAINS

Brown Rice  
Oats

## NUTS

Almonds  
Macadamia  
Spelt

## FLOUR

Chickpea  
Hemp  
Spelt

## SWEETENERS

Agave Nectar  
Blackstrap Molasses  
Stevia Leaf Powder

VINEGARS: Apple+Bals.

## HERBS

Basil  
Chilies  
Cilantro  
Dill  
Mint  
Oregano  
Parsley  
Thyme

## SPICES

Black Pepper  
Cardamom  
Cayenne  
Cinnamon  
Coriander  
Cumin  
Nutmeg  
Paprika  
Tumeric

## OILS

Coconut  
Extra Virgin Olive  
Flaxseed  
\*Hemp (Manitoba Harv)  
Pumpkin Seed

## FRIDGE

Brown Rice Miso Paste

## PROTEIN POWDERS

(p.218 complete amino)  
\*Hemp (Manitoba Harvest)  
\*Yellow Pea (Nutralys?)  
\*Brown Rice Protein