

The Captains Ladys Best Foods Grocery List

The following foods are genetically appropriate for optimizing health and wellness, unless you are sensitive or allergic to them.

The food items highlighted in **ORANGE** are phytonutrients. Phytonutrients are estrogen stand-ins that help correct change-of-life hormonal imbalances. Soy, flax oil, cereal bran, yams, and legumes adjust every kind of hormonal imbalance in the body. However, if you are at risk for, have had, or are being treated for cancer, don't eat many foods containing excessive phytoestrogens or take phytoestrogen supplements without consulting your doctor first.

The following lists of foods aren't condition-specific. While they are all healthy foods, some may not be appropriate for your needs. For example, if you have problems with Irritable Bowel syndrome, you will want to avoid onions. Additionally, when you live with Herpes Simplex Virus, eating too many foods containing the amino acid arginine may cause a breakout. Please refer to my [Comprehensive L-Lysine Verses Arginine Food Ratio Guide](#) to learn which foods those are.

Vegetables

- Alfalfa
- Artichoke
- Asparagus
- Barley grass
- Beets
- Broccoli
- **Brussels sprouts**
- **Cabbage (only if raw)**
- **Carrot**
- Cauliflower
- Celery
- Chard
- Chicory

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- Chives
 - Collard greens
 - Cucumber
 - Daikon
 - Dandelion
 - Dill
 - Dulce
 - Eggplant
 - Endive
 - Fermented veggies
 - Garlic
 - Green beans
 - Green peas (fresh from the pod)
 - Kale
 - Kohlrabi
 - Kombu
 - Leek
 - Lettuce
 - Maitake, Shitake (and other mushrooms)
 - Mustard greens
 - Nightshades, such as tomatoes and peppers (contain Lectins that cause inflammation)
 - Nori
 - Okra
 - Onions
 - Parsnips
 - Peppers
 - Pumpkin
 - Reishi
 - Rhubarb
 - Rutabaga
 - Sea salt
 - Sea Vegetables – Red seaweeds from South America and India and Sea Moss can inhibit herpes infections. They can be placed in salads and stews or taken as supplements.
 - Spinach (raw only)
 - Spirulina
 - **Sprouts**
 - **Squashes**

- Tamari
- Umeboshi
- Wakame (seaweed)
- Water chestnut
- Watercress
- Wheatgrass
- Wild greens
- Zucchini

Other vegetables containing phytonutrients: **Yellow string beans, sweet potato, soy,** and **yams**.

NOTE: Thin-skinned vegetables should be organic.

Best Herbs, Spices & Seasonings

- All herbs.
- Green juices (made from powders)
- Veggie juices (made from fresh veggies)
- Horseradish
- Flowers (edible)
- Curry
- Chlorella (sea algae)
- Chili pepper
- Cinnamon
- Tamari
- Ginger

Best Fruits (Thin-skinned fruits should be organic.)

- **Apples**
- Apple cider
- **Apricots**
- Avocado
- Bananas (not too ripe)
- Berries (nearly all)
- Cantaloupe
- Cherries
- Coconut (fresh)
- Currants
- Dates
- Dried fruit (except for cranberries, plums, prunes, which contain benzoic acid)
- Figs
- Fruit juices (fresh)
- **Grapes**
- Grapefruit
- Guavas
- Kumquats
- Lemon
- Limes
- Mangoes
- Melons (watermelon, muskmelon, honeydew)
- Nectarines
- Oranges
- Papayas
- Peaches
- Pears
- Persimmons
- **Pineapple**
- Pomegranates
- Quinces
- Raisins
- Strawberries
- Tangerines
- Tomatoes
- Tropical fruits
- Other fruits containing phytonutrients: **Plums, Pears, and Raspberries.**

Best Proteins & Dairy (including some grains)

- Organic non-pasteurized milk (slightly acidic)
- Acidophilus
- Buttermilk
- Nuts (almonds and chestnuts)
- Seeds (**millet**, buckwheat, flax, pumpkin, sunflower, sprouted seeds, squash).
- Tempeh (fermented)
- **Tofu** (fermented)
- Hemp and whey protein powders.
- Wild salmon (moderately acidic but a great source of omega oils)
- Chicken breast is slightly acidic.
- Organic plain yogurt is slightly acidic.
- Egg whites and regular cottage cheese are both moderately acidic.

NOTE: All meat and dairy products should come from organically raised sources.

Other Proteins Containing Phytonutrients (Highlighted in Orange)

- **Sesame seeds**
- **Wheat (whole)**
- **Barley**
- **Rye**
- **Rye bran**
- **Peanuts**
- **Lentils (from pods)**
- **Beans**
- **Red meat**
- **Dairy** (made from animal sources)

Nearly all proteins are acidic, but we need them to rebuild our body's muscles and tissues. So, no skimping on protein.

Better Sugars

- Honey (slightly acidic)
- Green *Stevia* (plant-based, alkaline, with no glycemic effect). *Stevia* is safe for those living with diabetes.
- Real maple syrup (slightly acidic)
- Dried sugar cane juice (slightly acidic)
- Turbinado (raw sugar, slightly acidic)
- Brown rice syrup (slightly acidic)

Best Fats

- **Flax** oil (alkaline)
- Raw Coconut oil (alkaline)
- Borage oil (alkaline)
- Sesame oil (slightly alkaline)
- Olive oil (slightly alkaline to neutral)
- Butter (slightly acidic)
- Ghee (the fat from butter)

Other "Good For You" Items

- Apple cider vinegar
- Baking soda
- Mineral water
- Evian, Fiji, Hawaiian bottled water
- Alkalinized water
- Ozonated water
- Lecithin granules
- Vegetable broth (not bone broth)
- Probiotic cultures
- Green tea (Sencha)
- Bee Pollen
- Raw Honey

NOTE: Bee pollen and raw honey are also "good for you" items but never give honey or bee products to children under the age of twelve months old as babies and toddlers cannot metabolize honey, and ingestion of honey could prove fatal.

