

# VIBRANT LIVING

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# CREATING A HEALING KITCHEN

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## Creating a Healing Kitchen

|   |           |
|---|-----------|
| <b>INTRODUCTION .....</b>                                 | <b>5</b>  |
| <b>PRODUCE TO KEEP ON HAND IN A HEALING KITCHEN .....</b> | <b>6</b>  |
| <b>BUYING ORGANIC .....</b>                               | <b>7</b>  |
| <b>STAPLE FOODS &amp; SUPPLEMENTS.....</b>                | <b>9</b>  |
| Chia Seed and Chia Seed Powder .....                      | 9         |
| Essential Oils .....                                      | 10        |
| Green Powders .....                                       | 12        |
| Gut Repair Products .....                                 | 13        |
| Healing Powders and Mushrooms .....                       | 15        |
| Herbs, Spices, Extracts & Flavorings.....                 | 16        |
| Nuts .....  | 17        |
| Probiotics .....  | 18        |
| Protein Powders .....                                     | 19        |
| Sea Vegetables .....                                      | 21        |
| Sweeteners.....   | 22        |
| Teas.....   | 25        |
| Miscellaneous Foods .....                                 | 26        |
| <b>EQUIPMENT .....</b>                                    | <b>29</b> |
| Blenders.....   | 29        |
| Juicers .....   | 29        |
| Nut Milk Supplies .....                                   | 29        |
| Dehydrator .....  | 30        |
| Fermented Veggies/Foods – Resources and Tools.....        | 30        |

|  |           |
|--|-----------|
| Kitchen Items – Miscellaneous .....                                  | 30        |
| Sprouting Supplies.....  | 31        |
| Tools for Veggies .....  | 31        |
| Fitness Equipment .....  | 33        |
| Glucose Meter Blood Sugar Monitoring .....                           | 33        |
| pH Testing Paper for Alkalinity Testing .....                        | 34        |
| Miscellaneous .....  | 34        |
| <b>GENERAL ONLINE HEALTH STORES AND SUPPLIERS.....</b>               | <b>34</b> |
| <b>SHOPPING LIST FOR VIBRANT LIVING.....</b>                         | <b>35</b> |
| <b>ABOUT THE AUTHOR, DR. RITAMARIE LOSCALZO .....</b>                | <b>48</b> |
| <b>DR. RITAMARIE’S HEALTH AND NUTRITION BOOKS AND PROGRAMS .....</b> | <b>49</b> |
| <b>A SAMPLING OF OTHER ONLINE VIDEO CLASSES .....</b>                | <b>51</b> |

## Introduction

Perhaps until now, the most used areas of your kitchen have been the cupboards that hold boxed, canned, and packaged goods and the stove you use to cook those items.

While you can certainly live that way, I invite you to look at your kitchen with new eyes if your hopes for the future are to thrive! Where once you boiled, now you might blend! Where you once kept boxes and cans on hand, now you keep a variety of fresh fruits and vegetables.

Creating a healing kitchen with fresh food, products, and equipment that contribute to a healthy lifestyle and vitality takes time.

Ideally, you'll want to stock up on as much produce as you can eat. A diet that is made up of primarily raw fruits and vegetables (with lightly cooked vegetables as supplements if needed) is one that can do wonders for your health.

This guide contains a list of the foods, products, and equipment that I often recommend in my programs and recipe collections. I've spent years trying foods and products that I find boost my health, and my goal is to help save you time by sharing what I know with you.

Of course, product names, sizes, details and availability may change over time.

If you find a link that is no longer current, or if you find the quality of a product has changed, please help us keep this document up to date by sending an e-mail to [helpdesk@drritamarie.com](mailto:helpdesk@drritamarie.com) and put in the subject line "Creating a Healing Kitchen e-book update". Please include any links or information that need updating.

## Produce to Keep on Hand in a Healing Kitchen

Choose organic produce whenever available and especially if on the list of high-pesticide foods. The items listed in **green** should always be organic due to high pesticide levels usually found in them. See “Buying Organic” below.

|   |  |
|---|--|
| <b>Leafy Vegetables:</b>  | romaine lettuce hearts, mixed salad greens, pre-washed baby <b>spinach</b> , dark green leafy vegetables such as kale, collard greens, or Swiss chard, sunflower seed sprouts  |
| <b>Firm Vegetables:</b>   | cucumber, <b>celery</b> , zucchini or yellow squash, broccoli, cauliflower, mushrooms, <b>red bell peppers</b> , cabbage (red and/or green)  |
| <b>Root Vegetables:</b><br><br><b>Note:</b> If following a blood sugar balancing diet, use only if glucose testing permits.<br><a href="http://www.TheSweetSpotSolution.com">www.TheSweetSpotSolution.com</a> | carrots, daikon radish, beets, sweet potatoes (yams), burdock  |
| <b>Condiment Vegetables:</b>  | onions, garlic, ginger, turmeric, jalapeño or other hot peppers  |
| <b>Fresh Herbs:</b>   | parsley, basil, cilantro, dill, kefir lime leaves, mint  |
| <b>Fresh Fruits:</b><br><br><b>Note:</b> If following a blood sugar balancing diet, use only low-glycemic fruits.<br><a href="http://www.TheSweetSpotSolution.com">www.TheSweetSpotSolution.com</a>           | lemons, limes, <b>apples</b> , <b>pears</b> , oranges, bananas, <b>grapes</b> , pineapple, melons.<br><br>Other fruits as season permits: <b>berries</b> , <b>peaches</b> , <b>nectarines</b> , plums, mangoes, pears, <b>cherries</b> |

## Buying Organic

Organically grown is best, but when availability and budget make it difficult to get all organic foods, there are guidelines that will help you choose the commercially produced foods that have been measured to have the lowest pesticide residues.

Washing well and using one of the commercially available veggie sprays or a few drops of hydrogen peroxide help to remove the residual pesticides from the surface of the food, but those cleaners can do nothing about the accumulated pesticides inside the flesh that gets absorbed from the soil through the plant's roots.

Use the following information as a guideline when it is necessary to purchase commercially grown produce.

### Always buy these foods organically grown:

**What:** Apples, bell peppers, celery, cherries, grapes, nectarines, peaches, pears, potatoes, red raspberries, spinach, and strawberries

**Why:** The U.S. Department of Agriculture's own lab testing reveals that even after washing, some fruits and vegetables consistently carry much higher levels of pesticide residue than others. Based on an analysis of more than 100,000 U.S. government pesticide test results, researchers at the Environmental Working Group (EWG), a research and advocacy organization based in Washington, D.C., have developed the "dirty dozen" fruits and vegetables (listed above) that they say you should always buy organic if possible because their conventionally grown counterparts tend to be laden with pesticides.

Among fruits, nectarines had the highest percentage testing positive for pesticide residue. Peaches and red raspberries had the most pesticides (nine) on a single sample. Among vegetables, celery and spinach most often carried pesticides with spinach having the highest number (10) on a single sample.

For more information on pesticide levels for other types of produce, go to:

<http://www.foodnews.org>



## Always buy these foods organically grown:

**What:** Meat, poultry, eggs, and dairy.

**Why:** You greatly reduce the risk of exposure to the agent believed to cause mad cow disease and minimize exposure to other potential toxins in non-organic feed. You also avoid the results of production methods that use daily supplemental hormones and antibiotics, which have been linked to increased antibacterial resistance in humans.

## Buy these organic if price is no object:

**What:** Asparagus, avocados, bananas, broccoli, cauliflower, sweet corn, kiwi, mangos, onions, papaya, pineapples, and sweet peas.

**Why:** Multiple pesticide residues are, in general, rarely found on conventionally grown versions of these fruits and vegetables, according to research by the EWG.

**Note:** Multiple pesticide levels not found but it doesn't say how often *single* pesticide residues are found.

Further, organic produce has higher levels of nutrients than their non-organic counterparts. An independent review of the evidence published by Worthington in *The Journal of Complimentary Medicine* (vol. 7, No. 2, p. 161 – 173) found that organic crops had significantly higher levels of all 21 nutrients analyzed compared with conventional produce, including vitamin C (27% more), magnesium (29% more), iron (21% more) and phosphorous (14% more). Organic spinach, lettuce, cabbage and potatoes showed particularly high levels of minerals.



## Staple Foods & Supplements

### Chia Seed and Chia Seed Powder

Chia seeds are a source of omega-3 fats, protein, and important minerals. You can get them white or black. The nutritional difference is negligible. Chia seeds are widely available online and in stores.

Drinking chia seed containing beverages is an awesome way to quickly boost your omega-3 balance, stabilize your blood sugar, and keep you feeling full for hours. In addition, chia seeds increase endurance, strength, and athletic performance.

#### Recommended Brands:

- **Greens+ Chia** (Individual serving size packets)  
<http://www.drritamarie.com/go/SSGreensChia>
- **Navitas Naturals Raw Chia Seeds**  
<http://www.drritamarie.com/go/NNChiaSeeds>
- **Navitas Naturals Sprouted and Powdered Chia**  
<http://www.drritamarie.com/go/NNSproutedChia>
- **Ultimate Superfoods Chia Seeds**  
<http://www.drritamarie.com/go/UltSupChia16>

## Essential Oils

Many of my recipes suggest the optional use of essential oils. **All essential oils should be food grade.** Also, since most commercial/grocery store shelf oils, extracts, and flavors are made with alcohol and other “unknowns,” be sure you are using high quality products that are healthy.

Essential oils are a great way to make delicious beverages that are also loaded with nutrition and have therapeutic value. Use any combination of these in tiny amounts (one to two drops per 16 ounces of water). They can be mixed and matched as desired to flavor water, green powder drinks, protein powder drinks, green smoothies, blended green soups, and even green juices.

Start with 2 – 3 varieties and add 1 – 2 each month as your budget permits. If you purchase too many all at once, you run the risk of getting overwhelmed and won't know where to start.

### Recommended Brands:

1. **Mountain Rose Herbs** has, by far, the best prices I've seen for high quality, organically grown, edible, essential oils that are distilled without the use of chemical solvents. They also have a wider variety of oils than just about any other company on the market. <http://www.drritamarie.com/go/MountainRose>
2. A company called **dōTERRA** also has very high quality oils, and I am in the process of comparing their single oils to those from Mountain Rose. dōTERRA has several very effective combination formulas, including *Slim and Sassy*, *On Guard*, *DigestZen*, and *Zendocrine*. <http://www.drritamarie.com/go/doTERRA>
3. Another popular essential oil company is **Young Living**. They have been around for many years and are well known for a formula called *Thieves*. I have several of their singles oils. <http://www.drritamarie.com/go/YoungLiving>
4. **Living Libations** features the oils of Nadine Artemis. Her site contains essential oils for food and for dental care. <http://www.drritamarie.com/go/LivingLibations>

## **Dr. Ritamarie's Top 12 Favorite Oils**

- anise
- cinnamon
- peppermint
- spearmint
- lemon
- lemongrass
- lime
- oregano
- thyme
- basil
- *Slim and Sassy* blend (dōTERRA)
- *On Guard* blend (dōTERRA)

## Green Powders

If you're struggling to access and use fresh greens, or if you intend to travel, powdered greens are a good alternative.

### Recommended Brands:

- **Amazing Grass Greens Powders**  
<http://www.drritamarie.com/go/AGWheatGrassAmazingTrio>
- **Amazing Grass Raw Green Superfood**  
<http://www.drritamarie.com/go/AGGreenSuperfood>
- **Garden of Life Perfect Food Raw**  
<http://www.drritamarie.com/go/iHerbGLPerfectRawFood>
- **HealthForce Nutritionals Vitamineral Green**  
**HealthForce Nutritionals Elixir of the Lake**  
**HealthForce Nutritionals Green Sage Protein Magic Mint**  
**HealthForce Nutritionals Warrior Food: Elite Green Protein Cool Green**  
<http://www.drritamarie.com/go/HealthForce>
- **Sunwarrior Ormus SuperGreens Powder** <http://www.drritamarie.com/go/Sunwarrior>
- **Ultimate Superfoods Real Raw Chlorella Powder**  
<http://www.drritamarie.com/go/USChlorPowder>

**Note about chlorella:** Look for any brand that has no binders or fillers. In particular, chlorella will help you to handle carb cravings in between meals. Powder can be added to green drinks or chia drinks, but be warned that chlorella is “strange” tasting if you're new to it. If taste is an issue, you may prefer to consume tablets, in which case, I recommend a handful of tablets each day.

- **Ultimate Superfoods Real Raw Chlorella Tablets**  
<http://www.drritamarie.com/go/USChlorTablets>

## Gut Repair Products

### Recommended Brands:

- **Aloe Gloe Crisp Tetra Pack**, Aloe, 12 Count  
<http://www.drritamarie.com/go/AloeGloeWater>
- **Aloe Pro** 1 Quart (32 Ounces) - Organic Vera Liquid - Premier Research Labs  
<http://www.drritamarie.com/go/AloeProLiquid>
- **Aloe Vera** (best is fresh from a leaf)
- **Apex Energetics: RepairVite** (K-60) 0.38 lb(173.1g)
- **Ecological Formulas - Sialex** (Sialic Acid), 500 mg, 90 capsules
- **Farmhouse Culture Gut Shots**  
<http://www.drritamarie.com/go/FarmhouseCultureGutShots>  
**HealthForce Nutrionals SCRAM**
- **HealthForce Nutrionals Earth**  
**HealthForce Nutrionals Intestinal Movement Formula**  
<http://www.drritamarie.com/go/HealthForce>  
<http://www.drritamarie.com/go/AERepairVite>  
<http://www.drritamarie.com/go/EFSialex>
- **Metagenics - UltraInflamX Original Spice\*\*** (14 svgs)  
<http://www.drritamarie.com/go/MetagenicsUFXOrig>
- **Metagenics GI Sustain\*\*** (formerly Ultra Clear Sustain) 29 Ounces  
<http://www.drritamarie.com/go/MetagenicsGISustain>
- **Metagenics Glutagenics\*\*** powder 9.27oz/259.8g (60 servings)  
<http://www.drritamarie.com/go/MetagenicsGlutagenics>
- **NuMedica GlutaMed** Rx 7.50 Ounces  
<http://www.drritamarie.com/go/NuMedicaGlutaMed>
- **Pure Encapsulations - Betaine HCl/Pepsin** - 250ct  
<http://www.drritamarie.com/go/PEBetaineHCl>
- **Pure Encapsulations NAC** 600mg 180c  
<http://www.drritamarie.com/go/PureEncapNAC>
- **Slippery Elm Powder**  
**Marshmallow Root**  
<http://www.drritamarie.com/go/MountainRose>

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- **Thorne Research - Mediclear Plus\*\*\*** - 920gr  
<http://www.drritamarie.com/go/ThorneMediclearPlus>
- **Thorne Research CystePlus** (500 mg), 90 Vegetarian Capsules  
<http://www.drritamarie.com/go/TRCystePlus>
- **Vital Nutrients DGL Powder 4oz, 120g**  
<http://www.drritamarie.com/go/VitalDGLPowder>

\*\*Note about Metagenics: These are not my top choice; however, I'm aware they are popular with other practitioners. I find they contain undesirable sweeteners and synthetic vitamins.

\*\*\*Note about Thorne Mediclear: The most recent formula has changed, so I am not as confident about its efficacy/purity. Be sure to check the ingredients.

## Healing Powders and Mushrooms

When needed, I use a variety of root, herb, and mushroom powders to add extra healing potency to recipes. These are some of the more common ones I've used and where to find them.

### Recommended Brands:

- **Ashwaganda Powder**  
**Astragalus Powder**  
**Chaga Mushroom Powder**  
**Cordyceps Mushroom Powder**  
**Maitake Mushroom Powder**  
**Nettle Leaf Powder**  
**Rhodiola Powder**  
**Shitake Mushroom Powder**  
<http://www.drritamarie.com/go/MountainRose>
- **HealthForce Nutritionals MacaForce Dark Mint Maca**  
**HealthForce Nutritionals MacaForce Vanilla Spice Maca**  
<http://www.drritamarie.com/go/HealthForce>
- **Longevity Warehouse Lucuma Powder**  
<http://www.drritamarie.com/go/LWLucuma>
- **Ultimate Superfoods Mucuna Pruriens**  
<http://www.drritamarie.com/go/USMucunaPruriens>
- **Ultimate Superfoods Raw Shilajit Powder**  
<http://www.drritamarie.com/go/USShilajit>
- **Z Natural Foods Reishi Mushroom Powder**  
<http://www.drritamarie.com/go/ZNFReishiPowder>



## Herbs, Spices, Extracts & Flavorings

All herbs and spices have reputations for healing. For example, **cinnamon**, **cardamom**, and **coriander** are associated with improved insulin sensitivity. Use them generously on your foods. Cinnamon can also lower cholesterol levels, so use between 1/2 and 2 teaspoons a day.

### Recommended Brands:

- **Dragon Herbs**  
<http://www.drritamarie.com/go/DragonHerbs>
- **Frontier Natural Products Co-op**  
<http://www.drritamarie.com/go/Frontier>
- **Invincible Herbs**  
<http://www.drritamarie.com/go/InvincibleHerbs>
- **Longevity Warehouse Herbs**  
<http://www.drritamarie.com/go/LWHerbs>
- **Medicine Flower Flavors**  
<http://www.drritamarie.com/go/MedicineFlower>
- **Mountain Rose Herbs**  
<http://www.drritamarie.com/go/MountainRose>
- **Savory Spice Shop**  
<http://www.drritamarie.com/go/SavorySpiceShop>
- **Z Natural Foods**  
<http://www.drritamarie.com/go/ZNaturalFoods>

**Note:** Since most commercial/grocery store shelf extracts and flavors are made with alcohol and other “unknowns,” be sure you are using high quality products.

## Nuts

It can be difficult to find quality sources of raw, bulk nuts. You can tell if a nut is truly raw because when you soak it, it will generally plump up (rather than plump up, almonds tend to develop a wee nib at the end). When you purchase raw nuts, be sure to keep them away from sources of heat, light, and air. Generally your fridge or freezer are best. Here are a few of my trusted sources.

### Recommended Brands:

- **Anderson Almonds**  
<http://www.drritamarie.com/go/AndersonAlmonds>
- **Ferrari Farms – Walnuts**  
<http://www.drritamarie.com/go/FerrariFarmWalnuts>
- **Mac's Nut Company of Hawaii – Macadamia Nuts**  
<http://www.drritamarie.com/go/MacsNuts>
- **Sun Organic Farms (all other nuts)**  
<http://www.drritamarie.com/go/SunOrganicFarm>
- **Ultimate Superfoods – Cashews**  
<http://www.drritamarie.com/go/UltSupCashews16>
- **Ultimate Superfoods – Hemp Seeds**  
<http://www.drritamarie.com/go/UltSupHemp>

## Probiotics

Using probiotics is a great way to boost and repair the health of your gut and digestive system.

### Recommended Brands:

- **Apex Energetics K97 Sibiota™ - Probiotic - 60 Capsules**  
<http://www.drritamarie.com/go/AEK97SibiotaProbiotic>
- **Bluebonnet Milk-Free Probiotic Acidophilus**  
<http://www.drritamarie.com/go/BBProbiotic>
- **Farmhouse Culture Gut Shots**  
<http://www.drritamarie.com/go/FarmhouseCultureGutShots>
- **HealthForce Nutritionals Friendly Force**  
<http://www.drritamarie.com/go/HealthForce>
- **KeVita – Sparkling Probiotic Drink**  
<http://www.drritamarie.com/go/kevita>
- **Natren Healthy Trinity Dairy Free Capsules, 60-Count**  
<http://www.drritamarie.com/go/NatrenHTProbiotic>
- **Renew Life Ultimate Flora Critical Care 50 Billion, 60-Count**  
<http://www.drritamarie.com/go/RenewLifeProbiotic>
- **Transformation - Probiotic**  
<http://www.drritamarie.com/go/TransProbiotic>

## Protein Powders

My top picks are any raw ones as they are most bioavailable. Rice protein is often the easiest to find. You can also include hemp protein and hemp rice blends. There are many brands I haven't tried yet, but here are some to start with.

### Recommended Brands:

- **Boku in the Buff Protein 4.0**  
<http://www.drritamarie.com/go/BokuBuffProtein>
- **Boku Super Protein: Vegan Protein**  
<http://www.drritamarie.com/go/BokuSuperProtein>
- **Designs for Health - PurePea** Natural Vanilla Flavor 450g (formerly Peatin)  
<http://www.drritamarie.com/go/DFHPurePeaProtein>
- **Garden of Life Raw Protein**  
<http://www.drritamarie.com/go/GardenOfLife>
- **HealthForce Nutritionals Green Sage Protein Magic Mint**  
**HealthForce Nutritionals Warrior Food**  
**HealthForce Nutritionals Warrior Food: Elite Green Protein Cool Green**  
**Healthforce Nutritionals Green Protein Alchemy**  
<http://www.drritamarie.com/go/HealthForce>
- **Immortal Machine Superfood Drink Powder**  
<http://www.drritamarie.com/go/LWImmortalMachine>
- **Inca Meal Sprouted Rice Protein**  
<http://www.drritamarie.com/go/PeacefulPlanetIncaMealSproutedProtein>
- **Juvo Green Protein**  
<http://www.drritamarie.com/go/Juvo>
- **NOW Pea Protein**, 2 Pound  
<http://www.drritamarie.com/go/NOWPeaProtein>
- **Phosphatidylserine 20% (Non-gmo) Bulk Powder** 50g  
<http://www.drritamarie.com/go/Phosphatidylserine>
- **Purium L.O.V.E. Super Meal** (10 servings), 462g  
<http://www.drritamarie.com/go/PuriumLOVESupermeal>
- **Raw Food World Sacha Inchi Protein Powder**, 1 lb  
<http://www.drritamarie.com/go/RFWsachaInchiProtein>

- **Sprouted Brown Rice Protein**  
<http://www.drritamarie.com/go/SproutLivingEpicProtein>
- **Sunwarrior Raw Vegan Protein Powder**  
<http://www.drritamarie.com/go/SunwarriorProtein>
- **Sunwarrior Warrior Blend Natural Protein Powder**  
<http://www.drritamarie.com/go/SunwarriorWarriorBlend>
- **Swanson Organic Brown Rice Protein**  
<http://www.drritamarie.com/go/SwansonBrownRiceProtein>
- **Vega Protein and Meal Replacements**  
<http://www.drritamarie.com/go/VegaProtein>

## Sea Vegetables

Sea vegetables are an often-overlooked component to a mineral-rich, healthy diet. Working sea vegetables into your meals will help you achieve hormone balance and increase your body's exposure to an array of important minerals from the sea.

### Recommended Brands:

- **BC Kelp** (one of Dr. Ryan Drum's students)  
<http://www.drritamarie.com/go/BCKelp>
- **Dr. Ryan Drum and Island Herbs**  
<http://www.drritamarie.com/go/DrRyanDrumIslandHerbs>
- **Eden Organic Sea Vegetables**  
<http://www.drritamarie.com/go/EOSeaVegetables>
- **Emerald Cove Sea Vegetables**  
<http://www.drritamarie.com/go/ECSeaVeggies>
- **Gold Mine Natural Foods**  
<http://www.drritamarie.com/go/GMNaturalFoods>
- **Main Coast Sea Vegetables**  
<http://www.drritamarie.com/go/MCSeaVegetables>
- **Maine Seaweed**  
<http://www.drritamarie.com/go/MaineSeaweed>
- **Mendocino Sea Vegetables**  
<http://www.drritamarie.com/go/MendocinoSeaVegetables>
- **Natural Import Company**  
<http://www.drritamarie.com/go/NaturalImport>
- **Ocean Harvest Sea Vegetables**  
<http://www.drritamarie.com/go/OHSeaVegetables>
- **Rising Tide Sea Vegetables**  
<http://www.drritamarie.com/go/RTSeaVegetables>

## Sweeteners

Fortunately, there are now many high quality, low-glycemic sweetening options available. My favorites are listed below. Personally, I mainly use stevia and luohan.

- **Stevia:** Stevia is a green plant, which ideally can be grown in your garden and used fresh. When buying commercially, look for the green powder, which is simply the fresh leaf dehydrated and powdered. This is very different than the “white powder” processed stevia you’re likely to find in many stores. You can also get it as a liquid extract. The brand I recommend is **Sweet Leaf**, as others generally contain undesirable additives. Stevia has been shown to improve insulin sensitivity in rats.
- **Luo han:** Luo han is a Chinese herb that, like stevia, has a sweetness without calories. The sweetness is attributed to chemicals called “mogrosides”. It’s available either as a concentrated extract, less concentrated extract that maintains more of the natural plant constituents, or a powder that’s similar to brown sugar in consistency. Be careful in buying luohan as many are not pure and are cut with other types of sugar or sugar alcohol.
- **Sugar alcohols:** These contain neither sugar nor alcohol, so the name is somewhat misleading. The name represents the chemical structure. The sugar alcohols can cause digestive distress in some people with out of balance gut flora, as they can feed the undesirable bacteria. Sorbitol and mannitol tend to cause gas and bloating in a lot of people and should be avoided. Xylitol is tolerated by more people, but it can cause gas, so test for your personal tolerance. Erythritol seems to be the best tolerated of all. People with Small Intestinal Bacterial Overgrowth (SIBO) need to be careful and avoid if it causes gas or bloating.
- **Inulin:** Inulin is an oligosaccharide that is considered a prebiotic. Its sweetness feeds our gut bacteria, not us, so that it is rare to have a blood sugar spike from inulin-containing foods. Sources of inulin include Jerusalem artichoke, yacon, chicory root, and parsnips. You can also get inulin as an isolated extract. People with Small Intestinal Bacterial Overgrowth (SIBO) need to be careful and avoid if it causes gas or bloating.





## Stevia Online Sources and Brands:

### Green Powder:

- **Frontier Natural Products Co-op**  
<http://www.drritamarie.com/go/FrontierStevia>
- **KAL Pure Stevia**  
<http://www.drritamarie.com/go/KALPureStevia>
- **Mountain Rose Herbs Pure Stevia**  
<http://www.drritamarie.com/go/MountainRose>
- **Navitas Naturals Green Leaf Stevia**  
<http://www.drritamarie.com/go/NNSteviaGL>

### Liquids:

- **Sweet Leaf Liquid Chocolate Stevia**  
<http://www.drritamarie.com/go/SLChocStevia>
- **Sweet Leaf Stevia**  
(flavors: English Toffee, Chocolate, Vanilla Crème, Hazelnut, Valencia Orange)  
<http://www.drritamarie.com/go/SLLiquidStevia>  
<http://www.drritamarie.com/go/SweetLeafStevia>
- **Sweet Leaf Stevia Whole Leaf Concentrate**  
<http://www.drritamarie.com/go/SLStevLiqConWL>
- **Omica Organics Liquid Stevia**  
<http://www.drritamarie.com/go/OOLiquidStevia>

## Luo Han Online Sources and Brands:

- **Lakanto** (lo han and erythritol)  
<http://www.drritamarie.com/go/Lakanto>
- **Swanson Purelo Lo Han Sweetener** (monk fruit)  
<http://www.drritamarie.com/go/SwansonLoHan>
- **NuNaturals LoSweet Pure Lo Han Guo Extract Powder**  
<http://www.drritamarie.com/go/LuoHanExtract>
- **My Elixir of Life: Luo Han Guo EXTRACT Powder or All Natural Monk Fruit Powder**  
<http://www.drritamarie.com/go/NaturalLuoHan>

## Sugar Alcohols Online Sources and Brands:

- **Birch Xylitol and Erythritol**  
<http://www.drritamarie.com/go/GlobalSweet>
- **Zero** (organic erythritol)  
<http://www.drritamarie.com/go/WSZero>
- **Z Natural Foods Organic Erythritol**  
<http://www.drritamarie.com/go/ZNaturalErythritol>
- **Lakanto** (lo han and erythritol)  
<http://www.drritamarie.com/go/Lakanto>

### **Inulin Online Sources and Brands:**

- **Just Like Sugar 100% Natural Sugar Substitute** (chicory root fiber)  
<http://www.drritamarie.com/go/JustLikeSugar>
- **Omica Organics SunRoot Jerusalem Artichoke Sweetener**  
<http://www.drritamarie.com/go/OOJerusArtichSweet>
- **Inuliflora Raw Superfoods** (Jerusalem artichoke and parsnip powders)  
<http://www.drritamarie.com/go/InulifloraPowders>
- **Ultimate Superfoods Yacon Root Powder**  
<http://www.drritamarie.com/go/USYaconPowder>

## Teas

I use some herbal teas as the base for my healing elixir recipes. Ensure that any teas you buy are caffeine-free.

### Recommended Brands:

- **Dragon Herbs Spring Dragon Longevity Tea**  
<http://www.drritamarie.com/go/DHSpringDragonTea>
- **Organic India Tulsi Licorice Spice Tea 18 Infusion Bags**  
(comes in several flavors, but avoid “chai” – it has black tea)  
<http://www.drritamarie.com/go/ORTulsiTeaLicoriceSpice>
- **Yogi Egyptian Licorice, Herbal Tea Supplement**  
(also comes in Egyptian licorice mint, lemon ginger, and more)  
<http://www.drritamarie.com/go/YogiEgyptianLicorice>

## Miscellaneous Foods

- **Artisana Raw Organic Coconut Butter**  
<http://www.drritamarie.com/go/ArtCocoButter>
- **Barlean's Organic Oils Lignan Omega Twin, 12-Ounce Bottle**  
<http://www.drritamarie.com/go/BarleansOmegaTwin>
- **Body Ecology Kefir Starter**  
<http://www.drritamarie.com/go/BEKefirStarter>
- **Bragg Nutritional Yeast Seasoning, Premium, 4.5 Ounce**  
<http://www.drritamarie.com/go/BraggNutritionYeastSeasoning>
- **Coconut Secret Coconut Aminos and Coconut Vinegar**  
<http://www.drritamarie.com/go/CoconutSecret>
- **Dastony Sprouted Pumpkin Seed Butter 8 oz Jar**  
<http://www.drritamarie.com/go/DastonyPumpkinSeed>
- **Exotic Superfoods Coconut Meat**  
<http://www.drritamarie.com/go/ESCoconutMeat>
- **inner-ēco™ 100% Fresh Young Coconut Smoothie with Cacao**  
<http://www.drritamarie.com/go/IECacaoCoconutSmoothie>
- **Go Raw Sprouted Pumpkin Seeds**  
<http://www.drritamarie.com/go/GRPumpkinSeeds>
- **Gold Mine Natural Gluten-Free Kelp Noodles**  
<http://www.drritamarie.com/go/GoldKelpNoodles>
- **HealthForce Nutritionals Earth**  
**HealthForce Nutritionals Truly Natural Vitamin C Acerola Powder**  
**HealthForce Nutritionals Warrior Core Foundation**  
**Healthforce Nutritionals Green Protein Alchemy Magic Mint Green Powder**  
<http://www.drritamarie.com/go/HealthForce>
- **Kite Hill Plant-Based “Dairy” Products**  
<http://www.drritamarie.com/go/KiteHill>
- **Konjac Foods Root Fiber Powder**  
<http://www.drritamarie.com/go/KonjacPowder>
- **Konjac Foods Zero Calories Konjac Shirataki Noodles**  
<http://www.drritamarie.com/go/KonjacFoods>
- **Konjac Shirataki Angel Hair Pasta Noodles**  
<http://www.drritamarie.com/go/KonjacAngelHairNoodles>

- **Lekithos Sunflower Lecithin**  
<http://www.drritamarie.com/go/LekithosSunflowerLecithin>
- **Lily's Stevia-Sweetened Chocolate**  
<http://www.drritamarie.com/go/LilysSweetsChocolate>
- **Living Intentions Salad Booster**  
<http://www.drritamarie.com/go/LISaladBooster>
- **Love Raw Foods Sunflower Lecithin**  
<http://www.drritamarie.com/go/LRFSunflowerLecithin>
- **Medley Hills Farm Nutritional Yeast Flakes 1 lb. Vegetarian Support Formula**  
<http://www.drritamarie.com/go/MHFNutritionalYeastFlakes>
- **Miracle Noodles (Konjac)**  
<http://www.drritamarie.com/go/MiracleNoodles>
- **Miyoko's Kitchen**  
<http://www.drritamarie.com/go/MiyokosKitchen>
- **Navitas Naturals Pomegranate Powder\*\***  
<http://www.drritamarie.com/go/NNPomPowder>
- **Paleo Wraps, Gluten Free Coconut Wraps**  
<http://www.drritamarie.com/go/PaleoWraps>
- **Parma**  
<http://www.drritamarie.com/go/Parma>
- **Purium Alma C Plus**  
<http://www.drritamarie.com/go/PuriumAlmaCPlus>
- **Purium Apothe-Cherry Concentrate**  
<http://www.drritamarie.com/go/PuriumCherry>
- **Purple Aronia Extract Powder**  
<http://www.drritamarie.com/go/ZNAroniaExtractPowder>
- **Premier Research Labs Quantum Tomato Concentrate Powder**  
<http://www.drritamarie.com/go/PRTomatoConcentrate>
- **Raw Revelations Super 3 Superior Omega-3 Oil – 50ml**  
<http://www.drritamarie.com/go/RawRevelationsSuper3>
- **Red Star Nutritional Yeast - VSF Mini Flake -- 5 oz Each**  
<http://www.drritamarie.com/go/RSNutritionalYeastFlakes>
- **Siete Foods – Amazing Grain-Free Tortillas**  
<http://www.drritamarie.com/go/SieteFoods>

**\*\*Note:** The seeds from pomegranate contain a fatty acid that helps reverse insulin resistance and keeps your blood sugar steady. In a good product, the whole fruit is dried and ground including the seed so you get the protective effect and a sweet taste. Of course, it's best to test your blood sugar sensitivity to this food.

- **South River Chickpea Miso**  
<http://www.drritamarie.com/go/SRChickpeaMiso>
- **Strawberry Powder**  
<http://www.drritamarie.com/go/ZNStrawberryPowder>
- **Sunwarrior Liquid Light, 32 fl oz.**  
<http://www.drritamarie.com/go/SunWLIiquidLight>
- **Thai Kitchen Red Curry Paste**  
<http://www.drritamarie.com/go/TKRedCurry>
- **The Pure Wraps**  
<http://www.drritamarie.com/go/ThePureWraps>
- **Tinkyada Brown Rice Spaghetti with Spinach** (Cooked)  
<http://www.drritamarie.com/go/TinkyadaRiceNoodlesSpinach>
- **Treeline Treenut Cheese**  
<http://www.drritamarie.com/go/TreeLineCheese>
- **Ultimate Superfoods Cacao Paste**  
<http://www.drritamarie.com/go/USCacaoPaste>
- **Ultimate Superfoods Himalayan Crystal Salt**  
<http://www.drritamarie.com/go/USHimalayanSalt>
- **Ultimate Superfoods Ojio Coconut Shredded Extra Fine Cut**  
<http://www.drritamarie.com/go/USCoconutShreddedXFine>
- **Ultimate Superfoods Ojio Vanilla Ground**  
<http://www.drritamarie.com/go/USOjioVanillaGround>
- **Wrap (Gluten-Free Wraps, Raw Wraps, and Paleo Wraps)**  
<http://www.drritamarie.com/go/Wrap>
- **Z Natural Foods Broccoli Sprout Powder**  
<http://www.drritamarie.com/go/ZNFBroccoliSproutPwdr>
- **Z Natural Foods Cacao Paste Wafers**  
<http://www.drritamarie.com/go/NFCacaoPasteWafers>

## Equipment

The type of equipment you use is entirely up to you. I generally encourage you to start with those items you'll be using most. You don't need to rush out and buy everything at once. These are just some of the products I myself have used, would recommend and/or have found helpful.

### Blenders

- **Blendtec Blender**  
<http://www.drritamarie.com/go/Blendtec>
- **Champ HP3 by K-Tec Blender**  
<http://www.champhp3.com/>
- **Vitamix Blender**  
<http://www.drritamarie.com/go/Vitamix>

### Juicers

- **Champion Juicer**  
<http://www.drritamarie.com/go/Champion>
- **Green Star Juicer**  
<http://www.drritamarie.com/go/GreenStar>
- **Juiceman Citrus Juicer**  
<http://www.drritamarie.com/go/JMCitrusJuicer>
- **Juiceman JCJ150S 40-Watt Automatic Citrus Juicer with 2 Juicing Cones**  
<http://www.drritamarie.com/go/JMCitrusJuicer2>

### Nut Milk Supplies

- **Raw Food World Nut Milk Bag**  
<http://www.drritamarie.com/go/RFWNutMilkBag>
- **Soyabella Milk Maker** (If you plan to make a lot of nut milks)  
<http://www.drritamarie.com/go/Soyabella>



## Dehydrator

- **Excalibur Dehydrator**  
<http://www.drritamarie.com/go/Excalibur>
- **Paraflexx Drying Sheets**  
<http://www.drritamarie.com/go/Excalibur>

## Fermented Veggies/Foods – Resources and Tools

- **Caldwell Bio Fermentation Canada** – Foods and Starter Culture  
<http://www.drritamarie.com/go/CaldwellFermentation>
- **Cultures for Health** – Fermenting Crocks  
<http://www.drritamarie.com/go/CFHFermentationCrocks>
- **Cultures for Health** – List of Equipment  
<http://www.drritamarie.com/go/CFHFermentingEquipment>
- **Farmhouse Culture** – fermented foods  
<http://www.drritamarie.com/go/FarmhouseCulture>
- **GI ProStart™ Yogurt Culture Starter**  
<http://www.drritamarie.com/go/GIProStartYogurtCulture>
- **Harsch Gairtopf Fermenting Crock Pot**  
<http://www.drritamarie.com/go/HGFermentingCrockPot>
- **Wedliny Domowe** – List of Equipment  
<http://www.drritamarie.com/go/FermentingEquipment>
- **Yolife Yogurt Maker**  
<http://www.drritamarie.com/go/YolifeYogurtMaker>

## Kitchen Items – Miscellaneous

- **Ball Regular Mason Canning Jars**  
<http://www.drritamarie.com/go/BRMason>
- **Cuisinart SG-10 Electric Spice-and-Nut Grinder**  
<http://www.drritamarie.com/go/CuisinartGrinder>
- **Freshware 30-Cavity Silicone Chocolate, Jelly and Candy Mold**  
<http://www.drritamarie.com/go/FWSiliconeMolds>
- **Lello 4090 Gelato Pro Quart Ice Cream Maker**  
<http://www.drritamarie.com/go/LelloGelatoIceCreamMaker>

## Sprouting Supplies

- **The Sprout Lady/Sprout House**  
<http://www.drritamarie.com/go/SproutHouse>

## Tools for Veggies

- **Benriner Spiralizer**  
<http://www.drritamarie.com/go/BenrinerSpiralizer>
- **Black & Decker Small Food Processor**  
<http://www.drritamarie.com/go/BDSmallFoodProcessor>
- **Cuisinart Food Processor**  
<http://www.drritamarie.com/go/CFoodPro>
- **Cuisinart FP-14DC Elite Collection 14-Cup Food Processor, Die Cast**  
<http://www.drritamarie.com/go/CuisinartFoodProcessor>
- **Fox Run Porcelain Ginger Grate**  
<http://www.drritamarie.com/go/GingerGrater>
- **Genius Nicer Dicer Plus As Seen on TV Multi Chopper 12 Pieces**  
<http://www.drritamarie.com/go/NicerDicer>
- **Japanese Pickle/Salad Press**  
<http://www.drritamarie.com/go/SaladPress>
- **Kitchen Aid Food Processor**  
<http://www.drritamarie.com/go/KAFoodPro>
- **Microplane Zester/Grater**  
<http://www.drritamarie.com/go/MicroplaneZesterGrater>
- **New Genius Nicer Dicer**  
<http://www.drritamarie.com/go/NGNicerDicer>
- **OXO Good Grips Zester Grater (micro-grater)**  
<http://www.drritamarie.com/go/MicroGrater>
- **Prepworks by Progressive Vegetable and French Fry Cutter**  
<http://www.drritamarie.com/go/PrepworksProgressiveCutter>
- **Saladacco Spiralizer**  
<http://www.drritamarie.com/go/SaladaccoSpirializer>
- **Kraut Source Sauerkraut Maker**  
<http://www.krautsource.com/>

- **The Pampered Chef Cutting Edge Food Chopper**  
<http://www.drritamarie.com/go/PCFoodChopper>
- **Tsukemono Japanese Pickle** (salad / vegetable press)  
<http://www.drritamarie.com/go/TJPicklePress>
- **Vidalia Chop Wizard**  
<http://www.drritamarie.com/go/VidaliaChopWizard>
- **World Cuisine Spirooli Tri-Blade Slicer**  
<http://www.drritamarie.com/go/WCSpirooliTriBlade>

## Fitness Equipment

- **Bosu**  
<http://www.drritamarie.com/go/Bosu>
- **Exercise Ball**  
<http://www.drritamarie.com/go/ExerciseBall>
- **Exercise Bands**  
<http://www.drritamarie.com/go/ExerciseBands>
- **Gliding Discs**  
<http://www.drritamarie.com/go/GlidingDiscs>
- **Medicine Ball**  
<http://www.drritamarie.com/go/MedicineBall>
- **Small Dumbbells**  
<http://www.drritamarie.com/go/SmallDumbbells>
- **Step Bench**  
<http://www.drritamarie.com/go/StepBench>
- **Vibram Athletic Five Finger Shoes**  
<http://www.drritamarie.com/go/Vibram>

## Glucose Meter Blood Sugar Monitoring

- **TrueResults** – my desktop model  
<http://www.drritamarie.com/go/TrueResultStarterKit>
- **True2Go** – portable  
<http://www.drritamarie.com/go/True2GoPortableKit>
- **TrueTest Test Strips** – use for both glucose meters  
<http://www.drritamarie.com/go/TRUEtestTestStrips50> or  
<http://www.drritamarie.com/go/TRUEtestTestStrips100>

## pH Testing Paper for Alkalinity Testing

- **Advanced Nutritional Innovations, Hydrion, Coraladvantage pH Paper Roll**  
<http://www.drritamarie.com/go/ANIHydrionHPaper>
- **Micro Essentials PH Test Tape Dispenser Hydrion Papers Strips**  
<http://www.drritamarie.com/go/MEHydrionHPaper>
- **pH Test Tape Dispenser Hydrion Papers Strips**  
<http://www.drritamarie.com/go/HydrionHPaper>

## Miscellaneous

- **Cap-m-Quick** - capsule-making machine  
<http://www.drritamarie.com/go/CapMQuick>

## General Online Health Stores and Suppliers

Some of the products, or other good organic/natural alternatives, may be found here:

- **Blue Mountain Organics** (sprouted grains and nut butters)  
<http://www.drritamarie.com/go/BlueMountain>
- **Gold Mine Natural Foods**  
<http://www.drritamarie.com/go/GMNaturalFoods>
- **Longevity Warehouse**  
<http://www.drritamarie.com/go/LongevityWarehouse>
- **Natural Import Company**  
<http://www.drritamarie.com/go/NaturalImport>
- **Raw Food World Store**  
<http://www.drritamarie.com/go/RawFoodWorldStore>
- **Renegade Health Store**  
<http://www.drritamarie.com/go/RenegadeHealthStore>
- **Sun Organic Farms**  
<http://www.drritamarie.com/go/SunOrganicFarm>

## Shopping List for Vibrant Living

| Food Items for Vibrant Living                 | Amount Needed | Amount on Hand | Amount to Buy |
|---|---------------|----------------|---------------|
| <b>Fruits (Fresh or Non-Sweetened Frozen)</b> |               |                |               |
| apple, green                                  |               |                |               |
| apple, red                                    |               |                |               |
| apple, yellow                                 |               |                |               |
| apricot                                       |               |                |               |
| avocado                                       |               |                |               |
| banana  |               |                |               |
| blackberries                                  |               |                |               |
| blueberries                                   |               |                |               |
| cantaloupe (aka rockmelon)                    |               |                |               |
| cherries                                      |               |                |               |
| cranberries                                   |               |                |               |
| currant                                       |               |                |               |
| dragon fruit (aka pitahaya)                   |               |                |               |
| durian  |               |                |               |
| fig   |               |                |               |
| grapes, green/white                           |               |                |               |
| grapes, purple "concord"                      |               |                |               |
| grapes, red                                   |               |                |               |
| grapefruit                                    |               |                |               |
| guava   |               |                |               |
| honeydew melon                                |               |                |               |
| jackfruit                                     |               |                |               |
| kiwi fruit                                    |               |                |               |
| kumquat                                       |               |                |               |
| lemon   |               |                |               |
| lime  |               |                |               |
| lychee  |               |                |               |
| loganberries                                  |               |                |               |
| mandarin                                      |               |                |               |
| mango   |               |                |               |
| mulberries                                    |               |                |               |
| <b>Fruits (Fresh or Non-Sweetened Frozen)</b> |               |                |               |

| Food Items for Vibrant Living  | Amount Needed | Amount on Hand | Amount to Buy |
|--|---------------|----------------|---------------|
| nectarine  |               |                |               |
| noni   |               |                |               |
| nopalea (aka nopal cactus)   |               |                |               |
| orange   |               |                |               |
| papaya (aka paw paw)   |               |                |               |
| passionfruit   |               |                |               |
| peach  |               |                |               |
| pear   |               |                |               |
| persimmon  |               |                |               |
| pineapple  |               |                |               |
| pomegranate  |               |                |               |
| plum   |               |                |               |
| prickly pear   |               |                |               |
| raspberries  |               |                |               |
| rhubarb  |               |                |               |
| saskatoons (aka "service" or "june" berry)   |               |                |               |
| star fruit (aka carambola)   |               |                |               |
| strawberries   |               |                |               |
| tangerine  |               |                |               |
| watermelon   |               |                |               |
| <b>other:</b>  |               |                |               |
|  |               |                |               |
|  |               |                |               |
|  |               |                |               |
|  |               |                |               |
|  |               |                |               |
| <b>Fruits (Low-Glycemic)</b> Use as glucose testing permits for Sweet Spot Solution:<br><a href="http://www.TheSweetSpotSolution.com">www.TheSweetSpotSolution.com</a> |               |                |               |
| apple, green   |               |                |               |
| blueberries  |               |                |               |
| grapefruit   |               |                |               |
| lemon  |               |                |               |
| lime   |               |                |               |
| <b>other:</b>  |               |                |               |
| <b>Fruits (Dried)</b>  |               |                |               |



| Food Items for Vibrant Living  | Amount Needed | Amount on Hand | Amount to Buy |
|--|---------------|----------------|---------------|
| apricots   |               |                |               |
| currents   |               |                |               |
| dates  |               |                |               |
| elderberries   |               |                |               |
| figs   |               |                |               |
| goji berries   |               |                |               |
| peaches  |               |                |               |
| pears  |               |                |               |
| prunes   |               |                |               |
| raisins  |               |                |               |
| <b>other:</b>  |               |                |               |
|  |               |                |               |
| <b>Vegetables</b>  |               |                |               |
| <b>Note:</b> some items are technically fruits but generally used as veggies |               |                |               |
| asparagus  |               |                |               |
| beans, green   |               |                |               |
| beans, yellow  |               |                |               |
| beets  |               |                |               |
| broccoli, flowers  |               |                |               |
| broccoli, stems  |               |                |               |
| Brussels sprouts   |               |                |               |
| burdock root   |               |                |               |
| cabbage, green   |               |                |               |
| cabbage, red   |               |                |               |
| cabbage, napa  |               |                |               |
| carrots  |               |                |               |
| cauliflower  |               |                |               |
| celery   |               |                |               |
| celery, root   |               |                |               |
| cucumbers  |               |                |               |
| eggplant   |               |                |               |
| fennel bulb  |               |                |               |
| garlic   |               |                |               |
| <b>Vegetables</b>  |               |                |               |
| ginger root  |               |                |               |

| Food Items for Vibrant Living          | Amount Needed | Amount on Hand | Amount to Buy |
|--|---------------|----------------|---------------|
| jicama                                 |               |                |               |
| leeks                                  |               |                |               |
| mushrooms, crimini                     |               |                |               |
| mushrooms, portabello                  |               |                |               |
| mushrooms, shiitake                    |               |                |               |
| olives                                 |               |                |               |
| onions, yellow                         |               |                |               |
| onions, red                            |               |                |               |
| onions, green                          |               |                |               |
| peas                                   |               |                |               |
| pepper, hot (jalapeno, poblano, etc.)  |               |                |               |
| pepper, red bell                       |               |                |               |
| pepper, orange bell                    |               |                |               |
| pepper, yellow bell                    |               |                |               |
| potatoes                               |               |                |               |
| pumpkin                                |               |                |               |
| radish, red                            |               |                |               |
| radish, daikon                         |               |                |               |
| rutabaga                               |               |                |               |
| scallions                              |               |                |               |
| shallot                                |               |                |               |
| squash, summer                         |               |                |               |
| squash, winter                         |               |                |               |
| sweet potatoes                         |               |                |               |
| tomato                                 |               |                |               |
| tomato, cherry                         |               |                |               |
| tomatillos                             |               |                |               |
| turnip                                 |               |                |               |
| yams                                   |               |                |               |
| zucchini                               |               |                |               |
| other:                                 |               |                |               |
|  |               |                |               |
| <b>Leafy Greens</b>                    |               |                |               |
| arugula (aka "rocket / roquette")      |               |                |               |
| Asian greens (bok choy, yu choy, etc.) |               |                |               |

| Food Items for Vibrant Living            | Amount Needed | Amount on Hand | Amount to Buy |
|--|---------------|----------------|---------------|
| beet greens                              |               |                |               |
| carrot tops                              |               |                |               |
| chard, green                             |               |                |               |
| chard, rainbow                           |               |                |               |
| chard, Swiss                             |               |                |               |
| chickweed (wild)                         |               |                |               |
| chicory                                  |               |                |               |
| clover (wild)                            |               |                |               |
| collard greens                           |               |                |               |
| corn salad (aka maché or lamb's lettuce) |               |                |               |
| dandelion greens (cultivated or wild)    |               |                |               |
| endive                                   |               |                |               |
| escarole                                 |               |                |               |
| fennel greens                            |               |                |               |
| frisee                                   |               |                |               |
| kale, curly green                        |               |                |               |
| kale, lacinato (aka "dino" or black)     |               |                |               |
| kale, purple/flowering                   |               |                |               |
| lamb's quarters (wild)                   |               |                |               |
| leaf lettuce, green                      |               |                |               |
| leaf lettuce, red                        |               |                |               |
| lettuce, Boston/bibb/butter              |               |                |               |
| lettuce, limestone                       |               |                |               |
| lettuce, oakleaf                         |               |                |               |
| lettuce, romaine                         |               |                |               |
| lime leaves                              |               |                |               |
| malva (wild)                             |               |                |               |
| miner's lettuce (wild)                   |               |                |               |
| mizuna                                   |               |                |               |
| mustard greens                           |               |                |               |
| nettles (wild)                           |               |                |               |
| <b>Leafy Greens</b>                      |               |                |               |
| plantain (wild)                          |               |                |               |
| purslane (cultivated or wild)            |               |                |               |
| radicchio                                |               |                |               |

| Food Items for Vibrant Living              | Amount Needed | Amount on Hand | Amount to Buy |
|--|---------------|----------------|---------------|
| rapini                                     |               |                |               |
| sow thistle (wild)                         |               |                |               |
| sorrel (wild)                              |               |                |               |
| spinach                                    |               |                |               |
| spring mix (aka "mesclun" or field greens) |               |                |               |
| sunflower greens                           |               |                |               |
| turnip greens                              |               |                |               |
| <b>other:</b>                              |               |                |               |
|  |               |                |               |
| <b>Fresh Herbs</b>                         |               |                |               |
| basil                                      |               |                |               |
| chives                                     |               |                |               |
| cilantro                                   |               |                |               |
| dill                                       |               |                |               |
| mint                                       |               |                |               |
| oregano                                    |               |                |               |
| parsley, curly leaf / italian              |               |                |               |
| parsley, flat leaf                         |               |                |               |
| watercress                                 |               |                |               |
| <b>other:</b>                              |               |                |               |
|  |               |                |               |
|  |               |                |               |
| <b>Grasses</b>                             |               |                |               |
| barley                                     |               |                |               |
| kamut                                      |               |                |               |
| rye  |               |                |               |
| wheat                                      |               |                |               |
| <b>other:</b>                              |               |                |               |
|  |               |                |               |
|  |               |                |               |
| <b>Sea Vegetables</b>                      |               |                |               |
| agar agar                                  |               |                |               |
| algae, green or blue                       |               |                |               |
| aramé                                      |               |                |               |
| chlorella                                  |               |                |               |

| Food Items for Vibrant Living  | Amount Needed | Amount on Hand | Amount to Buy |
|--------------------------------|---------------|----------------|---------------|
| dulse                          |               |                |               |
| hijiki                         |               |                |               |
| kelp                           |               |                |               |
| kelp, noodles                  |               |                |               |
| kombu                          |               |                |               |
| nori                           |               |                |               |
| sargassum                      |               |                |               |
| sea palm                       |               |                |               |
| spirulina                      |               |                |               |
| wakame                         |               |                |               |
| <b>other:</b>                  |               |                |               |
|                                |               |                |               |
|                                |               |                |               |
| <b>Sprouts</b>                 |               |                |               |
| alfalfa                        |               |                |               |
| buckwheat                      |               |                |               |
| broccoli                       |               |                |               |
| clover                         |               |                |               |
| fenugreek                      |               |                |               |
| lentil                         |               |                |               |
| radish                         |               |                |               |
| sunflower                      |               |                |               |
| microgreens                    |               |                |               |
| mustard                        |               |                |               |
| onion                          |               |                |               |
| mung bean                      |               |                |               |
| <b>other:</b>                  |               |                |               |
|                                |               |                |               |
|                                |               |                |               |
| <b>Beans &amp; Legumes</b>     |               |                |               |
| adzuki beans                   |               |                |               |
| black beans                    |               |                |               |
| dried peas                     |               |                |               |
| garbanzo beans (aka chickpeas) |               |                |               |
| kidney beans                   |               |                |               |

| Food Items for Vibrant Living | Amount Needed | Amount on Hand | Amount to Buy |
|-------------------------------|---------------|----------------|---------------|
| lentils                       |               |                |               |
| lima beans                    |               |                |               |
| mung beans                    |               |                |               |
| navy beans                    |               |                |               |
| pinto beans                   |               |                |               |
| soy beans (non-GMO)           |               |                |               |
| <b>other:</b>                 |               |                |               |
|                               |               |                |               |
|                               |               |                |               |
| <b>Nuts</b>                   |               |                |               |
| almonds                       |               |                |               |
| brazil nut                    |               |                |               |
| cashew                        |               |                |               |
| coconut                       |               |                |               |
| coconut, young thai           |               |                |               |
| hazelnut                      |               |                |               |
| macadamia                     |               |                |               |
| pecan                         |               |                |               |
| pine nut                      |               |                |               |
| pistachio                     |               |                |               |
| walnuts                       |               |                |               |
| <b>other:</b>                 |               |                |               |
|                               |               |                |               |
|                               |               |                |               |
|                               |               |                |               |
|                               |               |                |               |
|                               |               |                |               |
|                               |               |                |               |
| <b>Seeds</b>                  |               |                |               |
| chia seeds                    |               |                |               |
| flax seeds (aka linseeds)     |               |                |               |
| hemp seeds                    |               |                |               |
| khawaii seeds                 |               |                |               |
| nigella seeds                 |               |                |               |
| poppy seeds                   |               |                |               |

| Food Items for Vibrant Living                | Amount Needed | Amount on Hand | Amount to Buy |
|--|---------------|----------------|---------------|
| psyllium                                     |               |                |               |
| pumpkin seeds                                |               |                |               |
| sesame seeds                                 |               |                |               |
| sunflower seeds                              |               |                |               |
| <b>other:</b>                                |               |                |               |
|  |               |                |               |
|  |               |                |               |
|  |               |                |               |
| <b>Nut/Seed Butters</b>                      |               |                |               |
| almond butter                                |               |                |               |
| cashew butter                                |               |                |               |
| coconut butter                               |               |                |               |
| pumpkin seed butter                          |               |                |               |
| sesame seed butter (aka tahini)              |               |                |               |
| <b>other:</b>                                |               |                |               |
|  |               |                |               |
|  |               |                |               |
| <b>Fats/Oils</b>                             |               |                |               |
| coconut oil, extra virgin, cold pressed      |               |                |               |
| flax seed oil                                |               |                |               |
| macadamia nut oil                            |               |                |               |
| olive oil, extra virgin, cold pressed        |               |                |               |
| sesame oil                                   |               |                |               |
| <b>other:</b>                                |               |                |               |
|  |               |                |               |
|  |               |                |               |
|  |               |                |               |
| <b>Gluten-free Grains</b>                    |               |                |               |
| amaranth                                     |               |                |               |
| buckwheat                                    |               |                |               |
| corn (often allergenic so avoid if possible) |               |                |               |
| millet                                       |               |                |               |
| oats   |               |                |               |
| quinoa                                       |               |                |               |
| rice, brown                                  |               |                |               |

| Food Items for Vibrant Living                     | Amount Needed | Amount on Hand | Amount to Buy |
|---|---------------|----------------|---------------|
| rice, wild  |               |                |               |
| teff  |               |                |               |
| <b>other:</b>                                     |               |                |               |
|   |               |                |               |
|   |               |                |               |
| <b>Fish &amp; Meat (wild or naturally raised)</b> |               |                |               |
| beef  |               |                |               |
| chicken   |               |                |               |
| fish  |               |                |               |
| wild game   |               |                |               |
| <b>other:</b>                                     |               |                |               |
|   |               |                |               |
|   |               |                |               |
| <b>Staples / Miscellaneous Seasoning</b>          |               |                |               |
| coconut aminos (soy-free seasoning)               |               |                |               |
| curry paste                                       |               |                |               |
| essential oils                                    |               |                |               |
| flavors/extracts                                  |               |                |               |
| horseradish                                       |               |                |               |
| rejuvelac   |               |                |               |
| sauerkraut  |               |                |               |
| sea salt, himalayan/celtic                        |               |                |               |
| stevia, green leaf (powder/liquid)                |               |                |               |
| tamari, wheat-free (not raw)                      |               |                |               |
| tempeh (soy-free)                                 |               |                |               |
| vinegar, apple cider                              |               |                |               |
| <b>Staples / Miscellaneous Seasoning</b>          |               |                |               |
| vinegar, balsamic                                 |               |                |               |
| vinegar, coconut                                  |               |                |               |
| vinegar, rice                                     |               |                |               |
| xylitol, birch bark                               |               |                |               |
| <b>other:</b>                                     |               |                |               |
|   |               |                |               |
|   |               |                |               |
|   |               |                |               |



| Food Items for Vibrant Living     | Amount Needed | Amount on Hand | Amount to Buy |
|-----------------------------------|---------------|----------------|---------------|
|                                   |               |                |               |
| <b>Superfoods &amp; Powders</b>   |               |                |               |
| acai berry                        |               |                |               |
| cacao/carob                       |               |                |               |
| chlorella                         |               |                |               |
| goji berries (aka wolf berries)   |               |                |               |
| green powder                      |               |                |               |
| irish moss                        |               |                |               |
| lucuma powder                     |               |                |               |
| maca powder                       |               |                |               |
| mushroom powder                   |               |                |               |
| nutritional yeast                 |               |                |               |
| plant / fruit powders             |               |                |               |
| probiotic powder                  |               |                |               |
| protein powder                    |               |                |               |
| psyllium                          |               |                |               |
| spirulina                         |               |                |               |
| <b>other:</b>                     |               |                |               |
|                                   |               |                |               |
|                                   |               |                |               |
|                                   |               |                |               |
|                                   |               |                |               |
|                                   |               |                |               |
|                                   |               |                |               |
|                                   |               |                |               |
| <b>Herbs &amp; Spices (dried)</b> |               |                |               |
| alfalfa                           |               |                |               |
| aniseed                           |               |                |               |
| basil                             |               |                |               |
| bay leaves                        |               |                |               |
| carab                             |               |                |               |
| caraway seed                      |               |                |               |
| cardamom                          |               |                |               |
| cayenne pepper                    |               |                |               |
| chilli                            |               |                |               |

| Food Items for Vibrant Living     | Amount Needed | Amount on Hand | Amount to Buy |
|-----------------------------------|---------------|----------------|---------------|
| chipolte                          |               |                |               |
| cinnamon                          |               |                |               |
| clove                             |               |                |               |
| coconut, dried (flakes)           |               |                |               |
| coriander                         |               |                |               |
| cumin                             |               |                |               |
| curry                             |               |                |               |
| dill                              |               |                |               |
| fennel                            |               |                |               |
| garam masla                       |               |                |               |
| garlic                            |               |                |               |
| ginger                            |               |                |               |
| horsetail                         |               |                |               |
| italian seasoning                 |               |                |               |
| juniper berry                     |               |                |               |
| konjac                            |               |                |               |
| lemongrass                        |               |                |               |
| mace                              |               |                |               |
| marjoram                          |               |                |               |
| mexican seasoning                 |               |                |               |
| mustard seed                      |               |                |               |
| nettles                           |               |                |               |
| nutmeg                            |               |                |               |
| onion, powder                     |               |                |               |
| <b>Herbs &amp; Spices (dried)</b> |               |                |               |
| oregano                           |               |                |               |
| paprika                           |               |                |               |
| parsley                           |               |                |               |
| pepper                            |               |                |               |
| poultry seasoning                 |               |                |               |
| rosemary                          |               |                |               |
| sage                              |               |                |               |
| star anise                        |               |                |               |
| thyme                             |               |                |               |
| tomato, sundried                  |               |                |               |

| Food Items for Vibrant Living | Amount Needed | Amount on Hand | Amount to Buy |
|-------------------------------|---------------|----------------|---------------|
| turmeric                      |               |                |               |
| vanilla bean                  |               |                |               |
| other:                        |               |                |               |
|                               |               |                |               |
|                               |               |                |               |
|                               |               |                |               |



## About Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN



Dr. Ritamarie Loscalzo is passionately committed to transforming our current broken disease-management system into a true healthcare system where each and every practitioner is skilled at finding the root cause of health challenges and using ancient healing wisdom married with modern scientific research to restore balance.

As the founder of the **Institute of Nutritional Endocrinology**, Dr. Ritamarie specializes in using the wisdom of nature to restore balance to hormones with a special emphasis on thyroid, adrenal, and insulin imbalances.

Her practitioner training programs empower health and nutrition practitioners to get to the root cause of health issues by using functional assessments and natural therapeutics to balance the endocrine system, the master controller.

Dr. Ritamarie is a licensed Doctor of Chiropractic with Certifications in Acupuncture, Nutrition, Herbal Medicine, and HeartMath®. She's also a certified living foods chef, instructor, and coach, and she has trained and certified hundreds of others in the art of using palate-pleasing, whole fresh food as medicine.

A best-selling author, speaker, and internationally recognized nutrition and women's health authority with 30 years of clinical experience, Dr. Ritamarie offers online courses, long-distance coaching and counseling, and deeply empowering and informative live events.



## Dr. Ritamarie's Health and Nutrition Books and Programs

**Sweet Spot Solution Program:** Balance your blood sugar and banish belly fat, brain fog, and burnout so you can regain the energy, focus, and self-confidence to live your life with passion and purpose. Complete with instructional modules, 30 days of menu plans, a 220-page recipe collection, exercise regimes, stress transformation techniques, sleep guidelines, timing cycles, videos, audios, and a community support forum, you'll have an effective and balanced lifestyle approach to reclaiming your health. [www.TheSweetSpotSolution.com](http://www.TheSweetSpotSolution.com)

**Empowered Self-Care Lab:** Our premier membership program, here you'll get access to all of our key hormone and body balancing programs, the complete collection of Dr. Ritamarie's recipe guides and videos, and a roadmap and handbook to guide you to assess your current health status and restore balance naturally. The future of health care is Empowered Self-care. Take charge of your health! [www.EmpoweredSelfCareLab.com](http://www.EmpoweredSelfCareLab.com)

**Body FREEDOM Nutrition Lab:** Using nutrition to restore balance needs to be at the core of all healing systems. And personalized nutrition is the future of healthcare. With so much confusing information about what you should and should NOT eat, emotional resistance is likely when it becomes challenging. The Body Freedom Nutrition Lab guides you to optimally nourish your body while making mealtime a pleasure, and provides you with peak nourishment that's filling, satisfying and aligned to your unique biochemistry and genetics. Here you'll get access to all of our recipe guides and videos, and a roadmap and handbook to guide you to assess your current nutritional status and restore balance naturally. [www.BodyFREEDOMNutritionLab.com](http://www.BodyFREEDOMNutritionLab.com)

**Energy Recharge Coaching Inner Circle:** Dr. Ritamarie's personalized coaching plan to transform you from flabby, fogged, and fatigued into fit, focused, and fully charged with energy! This is your opportunity to work closely with Dr. Ritamarie and her certified Nutritional Endocrinology coaches to achieve the health of your dreams. <http://www.EnergyRechargeCoaching.com>

**Find all the Resources You Need for Natural Healing  
Based on Leading-Edge Science**

<http://www.DrRitamarie.com>



<http://BodyFreedomNutritionLab.com>