



# THE MIGRAINE RELIEF PLAN

## Refrigerator staples

### Dairy

Kerrygold unsalted butter, Earth Balance margarine (butter is recommended unless you have a dairy allergy), ghee

Organic whole milk

Belgioso mascarpone

Organic heavy cream

Organic cottage cheese, *unsalted if available*

Organic half and half

Organic ricotta cheese

Organic American cheese

### Meat & poultry

All fresh meat, preferably local & pastured

All fresh fish and seafood (make sure it hasn't been brined)

### Vegetables

Green onions (scallions), leeks

Salad greens

Kale and other greens

Carrots

Celery

Bell peppers, and hot peppers

Root vegetables (potatoes, sweet potatoes, parsnips, turnips, rutabagas)

### Fruits

Strawberries, blueberries, blackberries

Apples & pears

Peaches & nectarines

Purple plums

Kiwi fruit

Mango

Grapes

### Spices & herbs

Fresh ginger root

Garlic & shallots

Jalapenos and hot peppers

Cilantro

Italian flat-leaf parsley or curly parsley

Dill, mint, rosemary, thyme, oregano, basil, turmeric, chives

Citrus alternatives: lemongrass, lemon balm, lemon mint, lemon basil