



THE MIGRAINE RELIEF PLAN

Shopping List

Grains

- Amaranth
- Coconut flour
- Corn, polenta, grits
- Corn tortillas
- Garbanzo bean flour
- Gluten-free bread
- Gluten-free flour (no fava)
- Gluten-free pasta
- Millet
- Oats*
- Quinoa
- Rice
- Rice cakes
- Sorghum
- Tapioca pearls or flour
- Teff
- Tortilla chips (unsalted)

Vegetables

- Adzuki beans
- Artichokes*
- Arugula
- Asparagus
- Bamboo shoots
- Beets/beet greens
- Bell peppers
- Bitter melon
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage
- Cactus leaves
- Cardoni
- Carrots *
- Cauliflower
- Celery
- Celery root
- Chickpeas
- Chile peppers
- Corn (sweet)
- Cucumbers
- Daikon
- Eggplant
- Fennel
- Garbanzo beans
- Garlic
- Green beans
- Green onions
- Greens (all)
- Jicama
- Kidney beans*
- Kohlrabi
- Leeks
- Lettuce (all)
- Lotus root
- Moong beans
- Mushrooms*
- Parsnips
- Peas
- Pinto beans
- Potatoes*
- Pumpkins
- Radishes
- Rutabagas
- Salsify
- Shallots
- Spinach*
- Split peas*
- Squash (all)*
- Sunchokes
- Sweet potatoes*
- Sprouts
- Summer squash
- Taro
- Tomatillos
- Tomatoes*
- Truffles
- Turnips
- Wax beans
- White beans*
- Yams
- Yucca
- Zucchini

Herbs

- Chives
- Cilantro
- Dill
- Galangal root
- Garlic
- Ginger root
- Mint
- Parsley
- Shallot

* Indicates high-potassium foods



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Fruit

- | | | | |
|---------------------------------------|---------------------------------------|--|---------------------------------------|
| <input type="checkbox"/> Apples | <input type="checkbox"/> Dragon fruit | <input type="checkbox"/> Mangos | <input type="checkbox"/> Pomegranates |
| <input type="checkbox"/> Apricots | <input type="checkbox"/> Gooseberries | <input type="checkbox"/> Mangosteens | <input type="checkbox"/> Purple plums |
| <input type="checkbox"/> Blackberries | <input type="checkbox"/> Grapes | <input type="checkbox"/> Melons (all)* | <input type="checkbox"/> Quince |
| <input type="checkbox"/> Blueberries | <input type="checkbox"/> Guavas | <input type="checkbox"/> Nectarines | <input type="checkbox"/> Rambutan |
| <input type="checkbox"/> Cactus pears | <input type="checkbox"/> Jujubes | <input type="checkbox"/> Peaches | <input type="checkbox"/> Rhubarb |
| <input type="checkbox"/> Cherimoyas | <input type="checkbox"/> Kiwi | <input type="checkbox"/> Pears | <input type="checkbox"/> Sapotes |
| <input type="checkbox"/> Cherries | <input type="checkbox"/> Longans | <input type="checkbox"/> Persimmons | <input type="checkbox"/> Starfruit |
| <input type="checkbox"/> Coconuts | <input type="checkbox"/> Loquats | <input type="checkbox"/> Plumcots | <input type="checkbox"/> Tamarind |
| <input type="checkbox"/> Cranberries | <input type="checkbox"/> Lychees | <input type="checkbox"/> Pluots | <input type="checkbox"/> Tejocotes |

Protein—should be fresh and freshly cooked, and pastured or organic if possible

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|---|---|---|
| <input type="checkbox"/> Beef | <input type="checkbox"/> Dried beans (except favas, limas, navy, lentils) | <input type="checkbox"/> Eggs |
| <input type="checkbox"/> Bison | <input type="checkbox"/> Duck | <input type="checkbox"/> Pork / wild boar |
| <input type="checkbox"/> Canned tuna (fish & water) | <input type="checkbox"/> Elk | <input type="checkbox"/> Pumpkin seeds |
| <input type="checkbox"/> Canned salmon (fish & water) | <input type="checkbox"/> Fish | <input type="checkbox"/> Quail |
| <input type="checkbox"/> Chia seeds | <input type="checkbox"/> Flax seeds | <input type="checkbox"/> Shellfish |
| <input type="checkbox"/> Chicken | | <input type="checkbox"/> Sunflower seeds |
| | | <input type="checkbox"/> Turkey |

Dairy

- | | |
|--|-------------------------------------|
| <input type="checkbox"/> American cheese (organic) | <input type="checkbox"/> Mascarpone |
| <input type="checkbox"/> Cottage cheese | <input type="checkbox"/> Milk* |
| <input type="checkbox"/> Cream | <input type="checkbox"/> Ricotta |
| <input type="checkbox"/> Cream cheese | |

Fats & Oils—organic, extra-virgin

- | | |
|--|---|
| <input type="checkbox"/> Butter, <i>free-range, unsalted</i> | <input type="checkbox"/> Olive oil |
| <input type="checkbox"/> Ghee, <i>organic and free-range</i> | <input type="checkbox"/> Sesame oil, <i>including toasted dark</i> |
| <input type="checkbox"/> Coconut oil | <input type="checkbox"/> Sunflower & grapeseed oil okay, <i>but limit</i> |
| <input type="checkbox"/> Lard, <i>pastured</i> | <input type="checkbox"/> Tallow, <i>pastured</i> |

Pantry

- Chicken or vegetable stock, *organic, no onion*
- Coconut milk, *no carrageenan or xanthan gum*
- Herb blends, *organic and salt-free*
- Herbal tea, *no citrus or raspberry*
- Stevia, *powdered or liquid, organic, nothing else added*
- White vinegar, *organic*