



# THE MIGRAINE RELIEF PLAN

## Shopping List: egg, dairy, and nightshade-free

### 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

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

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

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

## Dairy

- American cheese (organic)
- Cottage cheese
- Cream
- Cream cheese
- Mascarpone
- Milk\*
- Ricotta

## Fats & Oils—organic, extra-virgin

- Butter, *free-range, unsalted*
- Ghee, *organic and free-range*
- Coconut oil
- Lard, *pastured*
- Olive oil
- Sesame oil, *including toasted dark*
- Sunflower & grapeseed oil okay, *but limit*
- Tallow, *pastured*

## 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*