THE DOLCE DIET®

Approved Grocery List

Fruit
- ☐ Raisins
- ☐ Grapes
- ☐ Dates
- ☐ Strawberries
- ☐ Blueberries
- ☐ Apples
- ☐ Oranges
- ☐ Avocados
- ☐ Bananas
- ☐ Figs

Vegetables
- ☐ Baby Spinach
- ☐ Kale
- ☐ Asparagus
- ☐ Broccoli
- ☐ Cucumber
- ☐ Chard
- ☐ Celery
- ☐ Brussels Sprouts
- ☐ Tomatoes
- ☐ Green Peppers
- ☐ Tomatoes
- ☐ Red Peppers
- ☐ Onions
- ☐ Carrots
- ☐ Sweet Potatoes
- ☐ Eggplant

Oils
- ☐ Coconut Oil (For Cooking, Adding To Coffee/Tea, Moisturizer)
- ☐ Grapeseed Oil (For Cooking)
- ☐ Peanut Oil (For Cooking)
- ☐ Extra Virgin Olive Oil (For Dressing)
- ☐ Hemp Oil (Great In Smoothies)

Grains
- ☐ Oat Bran
- ☐ Buckwheat
- ☐ Quinoa
- ☐ Brown Rice
- ☐ Pasta (Brown Rice)
- ☐ Whole Grain Bread & Wraps
- ☐ Sprouted Grain Bread & Wraps

Nuts
- ☐ Walnuts
- ☐ Almonds
- ☐ Cashews
- ☐ Pistachios
- ☐ Pecans
- ☐ Nut Butters (Peanut, Almond, Cashew, Hazelnut)

Legumes
- ☐ Garbanzo Beans
- ☐ Black Beans
- ☐ Kidney Beans
- ☐ Pinto Beans
- ☐ Red Beans
- ☐ Lentils

Seeds
- ☐ Hemp Seeds
- ☐ Flaxseeds
- ☐ Chia Seeds
- ☐ Sunflower Seeds

Beverages
- ☐ Water
- ☐ Green Tea (Via Tea Bag Or Loose Leaves)
- ☐ Coconut Water
- ☐ Coffee

Dairy/Non-Dairy Alternatives
- ☐ Almond Milk
- ☐ Coconut Milk
- ☐ Hemp Milk
- ☐ Greek Yogurt
- ☐ Cottage Cheese
- ☐ Goat Cheese
- ☐ Vegenaise

Animal Proteins
- ☐ Eggs
- ☐ Salmon
- ☐ Tuna
- ☐ Poultry
- ☐ Elk
- ☐ Buffalo/Bison

Other Items
- ☐ Agave
- ☐ Honey
- ☐ Balsamic Vinegar
- ☐ Mustard
- ☐ Ketchup
- ☐ Horseradish
- ☐ Dill Pickle Relish (Unsweetened)
- ☐ Black Olives
- ☐ Shredded Coconut (Unsweetened)

Spices
- ☐ Black Pepper
- ☐ Sea Salt
- ☐ Cinnamon
- ☐ Garlic
- ☐ Basil
- ☐ Oregano
- ☐ Parsley
- ☐ Thyme
- ☐ Paprika
- ☐ Cayenne Pepper