

# NEUROPATHY DIET SHOPPING LIST

## VEGETABLES

### Non-Starchy Vegetables

- ☐ Spinach
- ☐ All Lettuces
- ☐ Cabbage
- ☐ Broccoli
- ☐ Cauliflower
- ☐ Zucchini
- ☐ Yellow Squash
- ☐ Bell Peppers
- ☐ Cucumbers
- ☐ Celery
- ☐ Asparagus
- ☐ Green Beans
- ☐ Brussels sprouts
- ☐ Mushrooms
- ☐ Onions
- ☐ Garlic
- ☐ Eggplant
- ☐
- ☐

## PANTRY STAPLES

- ☐ Extra Virgin Olive Oil
- ☐ Avocado Oil
- ☐ Apple Cider Vinegar
- ☐ Sea Salt
- ☐ Black Pepper
- ☐ Garlic Powder
- ☐ Natural Peanut Butter (No Sugar)

## FRUITS

### Fresh fruits

- ☐ Blueberries
- ☐ Strawberries
- ☐ Blackberries
- ☐ Raspberries
- ☐ Avocados
- ☐ Lemons
- ☐ Limes
- ☐ Grapefruit
- ☐ Kiwi
- ☐ Green Apple
- ☐
- ☐

## FROZEN FOODS

### No Added Sugar or Sauces

- ☐ Spinach
- ☐ Broccoli
- ☐ Cauliflower
- ☐ Zucchini Noodles
- ☐ Riced Cauliflower
- ☐ Green Beans
- ☐ Stir Fry
- ☐ Asparagus
- ☐ Strawberries
- ☐ Blueberries
- ☐ Mixed Berries
- ☐

## MEAT & SEAFOOD

- ☐ Chicken Thighs
- ☐ Chicken Breasts
- ☐ Ground Turkey
- ☐ Ground Beef (80–90% Lean)
- ☐ Steak
- ☐ Pork Chops
- ☐ Pork Tenderloin
- ☐ Salmon
- ☐ Cod
- ☐ Shrimp
- ☐ Frozen Shrimp
- ☐ Fresh Fish
- ☐ Frozen Fish
- ☐ Eggs
- ☐
- ☐

## CANNED FOODS

### No Sugar/Low Salt

- ☐ Diced Tomatoes
- ☐ Green Beans
- ☐ Mushrooms
- ☐ Artichoke Hearts
- ☐ Hearts of Palm
- ☐ Asparagus
- ☐ Tomato Paste
- ☐ Jarred Red Peppers
- ☐ Jarred Sauerkraut

## CANNED MEATS

### In Water or Olive Oil

- ☐ Sardines
- ☐ Tuna
- ☐ Salmon
- ☐ Chicken (No Sugar)
- ☐ Anchovies
- ☐ Mackerel
- ☐
- ☐

## DAIRY

- ☐ Plain Greek Yogurt
- ☐ Cottage Cheese
- ☐ Heavy Cream
- ☐ Half & Half
- ☐ Butter
- ☐ Hard Cheeses
- ☐ Soft Cheeses
- ☐ Unsweetened Almond Milk
- ☐ Unsweetened Coconut Milk

## NUTS/SEEDS

- ☐ Almonds
- ☐ Walnuts
- ☐ Pumpkin Seeds
- ☐ Chia Seeds
- ☐ Flaxseed

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