

## Sample Weekly Shopping List for a Gerson Patient

### ***Organic Produce***

Apples (preferably Granny Smith —27 lb)  
Beets (2 bunches or 7 beets)  
Bell peppers (8)  
Carrots (50 lb)  
Celery root (4) or Celery stalks (2 bunches)  
Chard (2 bunches)  
Dill (fresh, small bunch, if available)  
Escarole or endive (4-5 heads)  
Garlic (6 bulbs)  
Leeks (2 bunches or 8 leeks)  
Lemons (4)  
Lettuce (red or green leaf) (7 heads)  
Lettuce, romaine (15 heads)  
Oranges (15 lb)  
Parsley (1 bunch)  
Potatoes (Russet 5 lb)  
Potatoes (Yukon Gold or red 5 lb)  
Tomatoes (10 lb)  
Various vegetables in season  
Watercress (2 bunches)  
Yellow onions (10 lb)  
Yellow squash (1-2)  
Zucchini (1-2)

\*\*Ideally, green leafy vegetables should be purchased twice weekly for freshness

Apple cider vinegar (1 quart)  
Chamomile tea (2 boxes or 1 quart loose tea)  
Dried fruit (non-sulphered)  
Flax oil, organic



Honey or maple syrup (1 small jar)

Peppermint tea (2 boxes or 1 qt. loose tea)

Raisins (organic)

Rollled oats (3 lbs)

Rye bread (salt & yeast free, thinly sliced, in health-food store freezer section)

Spices (*select only from the following list*):

Allspice, anise, bay leaves, coriander, dill, fennel, mace, marjoram, rosemary, saffron, sage, sorrel, summer savory, tarragon and thyme