

DR. RAWLS' CLEAN GROCERY LIST

Here's a summary of Dr. Rawls' recommendations for healing leaky gut. Use this as a shopping list to get started with what foods to eat and which to avoid. This list is not exhaustive, but an excerpt from the full guide that's part of [Dr. Rawls' Herbal Protocol](#). You can also learn more in his book, [Unlocking Lyme](#).

Recommended Foods

Vegetables

Acorn Squash
 Asparagus
 Butternut Squash
 Cabbage (cooked)
 Cucumber
 Fermented Vegetables
 Kimchi
 Sauerkraut
 Garlic
 Ginger
 Leek
 Pumpkin
 Red Onion
 Sea Vegetables
 Sweet Onion
 Turnip
 Zucchini Squash

Fresh Herbs

Basil
 Cilantro
 Dill
 Oregano
 Rosemary
 Thyme

Fruits

Apple (cooked or peeled)
 Apricot
 Avocado
 Blueberry
 Dark Cherry
 Peach
 Pear (cooked or peeled)
 Plum (peeled)
 Pomegranate

Mushrooms

Brown Button
 Oyster
 Portobello
 Shiitake

Vinegars

Apple Cider Vinegar
 Balsamic Vinegar
 Rice Vinegar

Indulgences

Bittersweet or
 Dark Chocolate

Meat & Dairy

Chicken (organic)
Fresh Fish (wild caught)
Cod
Flounder
Grouper Salmon
White fish

Milk Alternatives

Coconut Milk
Goat Milk
Oat Milk
Rice Milk

Condiments

Mayonnaise (grapeseed oil based)
Pickle Relish
Pickles

Grains & Beans

Puffed Rice Cereal
White Rice
Basmati
Jasmine
Regular
Wild Rice

Canned Goods

Canned Pumpkin
Canned Tuna
Canned Wild Salmon

Beverages

Ginger Tea
Green Tea
Herbal Tea
Roasted Dandelion Tea
Sparkling Water
Water

Seeds

Chia
Flax
Fresh Green Beans
Hemp
Pumpkin
Snow Pea Pods
Sunflower
Sweet Peas

Oils

Avocado Oil
Coconut Oil
Grapeseed Oil (liquid and spray)
Olive Oil (virgin cold pressed)

Dry Spices

Allspice
Basil
Bay Leaves
Cinnamon
Cumin
Curry Powder
Garam Masala
Mexican Oregano
Nutmeg
Oregano
Paprika
Saffron
Sea Salt
Thyme
Turmeric

Sweeteners

Erythritol
Honey
Stevia
Xylitol

Foods to Avoid/Minimize

Meats & Dairy

- Beef and Pork
- Milk
- Most Cheeses
- Processed Meats

Alcoholic Drinks

Beverages

- Alcohol
- Black Tea
- Coffee
- Soft Drinks

Cruciferous Vegetables

(except cabbage if tolerated)

Eggs

Food Past Its Prime

High Oxalate Foods

- Beets
- Carrots
- Celery
- Dates
- Kale
- Raspberries
- Spinach
- Strawberries

Seeds

- Gluten Grains
- Grain Flour
- Whole Grains
- Nuts
- Beans

High Sugar Fruits

- Bananas
- Mangos
- Oranges
- Pineapples

Nightshade Vegetables

- Peppers
- Regular Potatoes
- Tomatoes

Refined Vegetable Oils

- Corn Oil
- Soybean Oil