

June Superfoods

- Most climates in the US are transitional in June. It varies daily from hot and summery to cool, wet and spring-like. **The best transitional foods can be found by cross-referencing the Summer and Spring Grocery Lists, as listed below.**
- Eat **more** foods that are **Bitter, Astringent**: leafy greens, beans and cucumbers.



Choose Organic and non-GMO when possible. Eat more of your favorite foods from this list.

VEGETABLES	FRUIT	HERBS & SPICES	LEGUMES	HERB TEA
Alfalfa sprouts	Eat fruit separately from other foods.	Anise	Adzuki	Chicory
Artichokes		Asafoetida	Black Gram	Dandelion
Asparagus		Chamomile	Fava	Hibiscus
Bean Sprouts		Apples	Coriander	Garbanzo
Bell Peppers		Blueberries	Cumin	Goya
Bitter Melon		Papayas	Fennel	Kidney
Broccoli		Pears	Peppermint	Lentils
Cabbage		Pomegranates	Saffron	Lima
Cauliflower		Raspberries	Spearmint	Mung
Celery		Strawberries		Split pea
Chicory		NUTS & SEEDS	LEAN MEAT & FISH	<p>Learn more in <i>The 3-Season Diet</i> book by Dr. John Douillard</p> <p>Take the 3-Season Diet Challenge: It's FREE! 12 Months of Seasonal Guidance. <i>Recipes, videos, articles, bonus blogs, special coupons.</i> LifeSpa.com</p>
Cilantro	OILS	Pinons	Chicken	
Collard Greens	Flax	Pumpkin	Duck (moderation)	
Corn		Sunflower	Eggs (moderation)	
Dandelion	SWEETENERS		Freshwater Fish	
Endive	Favor natural whole foods sweeteners, in moderation:		Lamb (moderation)	
Fennel	Maple Syrup		WHOLE GRAINS	
Green Beans			Barley	
Jicama			Rye	
Kale				
Lettuce				
Mushrooms				
Mustard Greens				
Parsley				
Peas				
Radishes				
Seaweed				
Snow peas				
Spinach				
Swiss Chard				
Watercress				