DR. SARA'S
HORMONE RESET
SHOPPING LIST
Sara Gottfried MD
Table of Contents

A NOTE FROM DR. SARA .............................................................................................3

DR. SARA’S SHOPPING RULES ...................................................................................4

SHOP FOR NONFOOD ITEMS ....................................................................................5
  Shop for Food Items .................................................................................................7
  Produce ....................................................................................................................7
  Fridge and Freezer Items .......................................................................................8
  Pantry Items ...........................................................................................................9
  Beverages .............................................................................................................10

FINAL WORD ...............................................................................................................13
A Note from Dr. Sara

You’ve bought the book. You’ve made a commitment. Now it’s time to shop!

I made this Shopping List simple and easy to use. My goal is that you know exactly what foods to buy for optimal health and hormones!

In The Hormone Reset Diet, you’ll learn how to reset your hormones, master your metabolism, shrink your waistline, and detoxify.

Happy shopping!

To your best health and hormones,

Dr. Sara
Dr. Sara’s Shopping Rules

Buy **organic** whenever possible. Get the best food quality to upgrade your hormones fastest.

Buy **fresh, unprocessed foods.**

Eat one pound of **vegetables** per day! Get creative with different salads and recipes.

Buy **local.** Farmers’ markets are a great place to get fresh, local food. Just be sure to ask where the food was grown/made. Don’t assume it’s local or organic just because you bought it at a farmers’ market!

Purchase food that is free of **GMOs** (genetically modified organisms). I believe it’s your right as a consumer to know what’s in your food, including GMOs. Your safest bet is to check the listings at the Non-GMO Project, which verifies non-GM foods.

**Read labels,** making sure you understand what the ingredients really are. Dairy, sugar, gluten, and other substances can be hidden under different names. If you’re not certain, Google the ingredient you don’t recognize or just skip that food.

**BYOB! (Bring your own bags.)** *The Hormone Reset Diet* is a great opportunity to explore different ways to lead a more healthy and environmentally conscious lifestyle. Bringing reusable bags to the grocery store is a small step that can really add up over time.

Embrace your **inner chef.** Making food from scratch is one of the best ways to ensure you know exactly what you’re eating. Set aside time to cook and experiment in the kitchen each week. You might be surprised how much you enjoy it!

**Make extra, and take the leftovers for lunch.** While the ideal is always to make your food fresh, the reality is that most of us get too busy. When you do have time to cook, make extra so that you can reheat or repurpose it for other meals later (especially staples like protein, or quinoa).

Now it’s time to get your shopping on!
Shop for Nonfood Items

- **Blender.** If you want to splurge on an amazing blender that will last forever, I recommend the Vitamix or the Blendtec. A less expensive version that still gets you the fiber you need and travels more easily is the NutriBullet. I’m a bit high maintenance, and own all three! However, any blender will do the job.

- **Food scale.** Use a food scale daily to keep your food portions accurate. This tool is particularly important for food addicts, who may have lost their judgment on portion size. If you don’t need to lose weight, skip this item and buy yourself a new set of undies instead!

- **Blood glucose meter.** Testing your blood sugar can be one of the most valuable aspects of this program because it will dramatically increase your awareness of how certain foods affect your body. I recommend visiting your local pharmacy and enlisting the help of the pharmacist to get everything you need. An inexpensive glucose meter for home use should be approximately ten to twenty-five dollars, but be sure to get lancets and the correct test strips. If you only buy the meter, you may miss out on being able to start testing yourself before we begin. Get my favorite meter online, which syncs with the iPhone, or go with this simpler one.

- **pH test strips.** Test your urine pH with these strips to assess how acid or alkaline your body is and how food impacts your pH.

- **Soft tape measure.** Use a tape measure to track your waist and hip circumferences.

- **Bathroom scale and/or body fat scale.** Weigh yourself at the beginning of each reset. You can also purchase a body fat scale or visit your local gym to get your body fat measurement taken.
Sleep and step trackers. I recommend the UP by Jawbone to track both your deep sleep and your total steps per day (as well as your food, with the convenient app) because it's essentially all in one. Alternatives for tracking your deep sleep include the Basis Peak, the lark, and the Fitbit. Alternatives for tracking your total steps include the Nike+ FuelBand, the Fitbit, the iPhone, and a regular pedometer.

Dry brush. One of the daily rituals I suggest performing during The Hormone Reset Diet is dry brushing your skin and stimulating your lymphatic system before you bathe in the morning. This practice can be an invigorating replacement for your morning cup of caffeine. The technique is to brush your dry and naked skin, head to toe or toe to head. Long strokes across your skin exfoliates best: from the bottom of your feet to your belly, then from your hands toward your shoulders, and finally, upward on your torso toward your heart to encourage lymphatic drainage, which collects near your heart.

Epsom salts. Buy a large bag of Epsom salts and your favorite aromatherapy oils. A nightly bath truly helps highly sensitive people (myself included!) create a buffer from the day. Make a hot detox bath at least five times per week, and add one cup of Epsom salts (magnesium sulfate) plus ten to twenty drops of essential oil (my favorites are sandalwood, frankincense, and lavender). About 72 percent of women are deficient in magnesium (as measured in your red blood cells), which can prevent your DNA from methylating (an important action your body takes to support your genes) and increase the accumulation of bad estrogens. Research shows that women with higher magnesium levels are leaner and have lower waist-to-hip ratios. Taking an Epsom salts bath will help with this process; you’ll methylate more efficiently and get rid of bad estrogens.

Tongue scraper. Scraping your tongue each morning is a great way to get rid of some of the toxins that accumulate there overnight. Helps with bad breath!
Shop for Food Items

PRODUCE

☐ Your favorite veggies (ideally organic, locally grown, and in season). For example, lettuce, spinach, arugula, kale, broccoli, Brussels sprouts, asparagus, beets, purple cabbage, cabbage, celery, and carrots. You will need a pound per day, so go ahead and weigh them in the store: You will need three pounds for the first three-day reset and a total of seven pounds each first week. I suggest that you keep three days’ worth of vegetables in your refrigerator, make vegetable soup, and freeze the rest—just make sure your frozen vegetables don’t contain sugar or additives. See the following “Eat Your Pound of Vegetables Each Day” for inspiration. Plan ahead!

☐ Your favorite low-fructose fruits (ideally organic, locally grown, and in season). Keep lemons in stock, because you’ll be drinking lemon water daily. Buy plenty of avocados, olives (whole and puréed as a tapenade), fresh and dried coconut, lemons and limes, and berries. Limit high-glycemic fruits if you are trying to lose weight (I define low-glycemic fruits based on their fructose content, and these include avocados, olives, coconut, and berries), and eliminate high-glycemic fruits completely when you start the Fruitless reset.

☐ Your favorite herbs. Keep cilantro, parsley, and tarragon on hand to add to soups and salads. More flavor will keep you satisfied!

Need a recipe to inspire you? Here’s a few favorites from my friends:

• Dr. Josh Axe’s Turkey Meatball Soup and Lemon Pepper Green Beans
• Cynthia Pasquella’s Sexy Texy Mexy Salad

EAT YOUR POUND OF VEGETABLES EACH DAY

artichokes    radish    Swiss chard
arugula        rutabega  turnip
asparagus      spinach   watercress
bell pepper    squash    zucchini
bok choy       broccoli
broccoflower   Brussels sprouts
cauliflower    cabbage
chicory         carrots
endive          squash
kholrabi
lettuce
mustard greens
DR SARA’S HORMONE RESET SHOPPING LIST

FRIDGE AND FREEZER ITEMS

☐ Organic and/or free-range chicken.
☐ Organic and/or free-range turkey.
☐ Organic chicken or fish bone broth.
☐ Organic and/or free-range eggs.
☐ Cold-water fish that are low in mercury. Examples include wild Alaskan salmon, cod, snapper, tilapia, mackerel, trout, sardines, anchovies, orange roughy, herring, flounder, sturgeon, clams, crab, oyster, and scallops.
☐ Hummus and other legume-based dips.

PANTRY ITEMS

☐ Grain-free crackers, granola, etc. Limit these if you are trying to lose weight. Some of my favorite brands include Flackers from Doctor in the Kitchen (made from flax seeds) and raw, dehydrated vegetable crackers, such as from Lydia’s Organics (made from sprouted sunflower seeds, collards, carrots, celery, kale, spinach, zucchini, arugula, and radicchio).
☐ Nuts and seeds. For example, sunflower seeds, pumpkin seeds, raw almonds, cashews (limit if you’re trying to lose weight because they are starchy), walnuts, and Brazil nuts.
☐ Flax seeds, chia seeds, and/or hemp seeds. These are great sources of additional fiber and nutrients.
☐ Olive oil, avocado oil, coconut oil, red palm oil, and/or organic ghee. Olive and avocado oils are best for low-temperature cooking or raw dressings. Coconut oil is suitable for high-temperature cooking and is also delicious in shakes! Ghee is clarified butter with the milk proteins removed. Avoid vegetable oils like canola, corn, and soy.
☐ Coconut aminos. These add a lot of flavor to steamed vegetables and soups. Find them online or at your local health food store.
DR SARA’S HORMONE RESET SHOPPING LIST

- Apple cider vinegar, red wine vinegar (lower in sugar than balsamic)
- Fresh and dried herbs and spices. All herbs and spices are allowed, as long as they don’t contain sugar or additives. Examples include tarragon, basil, thyme, parsley, cilantro, ginger, shiso leaf, cayenne, cinnamon, garlic, and onion.
- Extra-dark chocolate. Purchase 80 percent cacao or higher
- Celtic or Himalayan sea salt

BEVERAGES

- Filtered water. You can use filtered water for smoothies (or the specific nondairy milks mentioned below), and drink a large glass (8 to 12 ounces) with one tablespoon of apple cider vinegar and/or toss in pieces of fresh vegetables or fruit (lemon, lime, berries). I use this countertop carbon filter or a Brita.

- Flavored waters. My favorite is Hint!

- Sparkling water. Sparkling water with fresh lemon, mint, or a small amount of frozen berries is a great alternative to soda or sugary juices.

- Unsweetened almond, coconut, or hemp milk. You can use these milks for smoothies, or filtered water.

- Hot water with lemon and cayenne. You’ll be drinking hot water with cayenne daily, first thing in the morning, during your Body Cure. It will alkalize your body, and you may be surprised to find that this morning ritual is enough to replace your usual morning cup o’ joe (or tea). Hydrosols. I love to drink hydrosols that combine small amounts of plant extract, at low concentrations, in sparkling water. I make my own by adding a few drops of essential oil, such as lavender, mint, or rose, to my water.
Coconut kefir. Buy it online (see “Resources”) or make it yourself. Coconut kefir is a nondairy combination of coconut water, a small amount of sugar (to feed the cultures), and a “starter” kit to inoculate with healthy bacteria.

Herbal teas. Including:

- Ayurvedic teas. Choose from the large selection of herbal teas that help you with balancing your hormones or sleep. Two of my favorites are from Pukka’s Harmonise and Night Time.

- Licorice tea. Aveda’s Comforting Tea is my favorite iced tea. I brew it double strength and serve it over ice.

- Organic chocolate herbal tea. Search online or go to your local health food store. I like Tisano and Republic of Tea brands.

Final word

That’s it! I promise this list will get you started with confidence and enthusiasm! Feel free to ad lib within the parameters of the program by shopping on the outer perimeter of your grocery store. Add kale chips and a salad from the salad bar to your grocery cart. I want your grocery cart to start to reflect who you are as a person!

To your best hormone reset,

Dr. Sara
About Dr. Sara

Dr. Sara Gottfried, M.D. teaches women how to balance their hormones naturally so they can rock their mission. She is a Harvard-educated physician, speaker and New York Times bestselling author of The Hormone Cure (check out the new paperback from Simon & Schuster, 2014). She is board-certified in Obstetrics and Gynecology, and is regularly featured in magazines such as Cosmopolitan, Glamour, Redbook, O Magazine, and Yoga Journal. Known for effortlessly blending the seriousness of women’s health with playfulness and humor, Dr. Sara’s mission is to help women lose weight, feel great, and be vital from their cells to their soul. Work with her online by joining her semi-annual detox for 21 days! Learn more at www.saragottfriedmd.com.

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