

Shopping List

Shopping lists are determined by an individual's specific produce needs. The following list includes typically purchased items. The following list includes produce and dry goods that are most common for a Gerson kitchen. You may want to create separate lists for weekly and occasionally purchased items, to make shopping efficient and less overwhelming. We suggest making copies of this list to take to the store or putting it in a sheet protector and using a dry erase marker.

SOUP

✓	ITEM	QTY
	Celery Root	
	Garlic Bulbs	
	Leeks	
	Parsley / Parsley Root (bunch)	
	Potatoes (lbs)	
	Tomato	
	Yellow Onions	

SALAD

✓	ITEM	QTY
	Arugula	
	Green Leaf	
	Red Leaf	
	Romaine	
	Spring Mix (bag)	

JUICE

✓	ITEM	QTY
	Carrots (lbs)	
	Chard (bunch)	
	Endive	
	Escarole	
	Green Apples (lbs)	
	Green Bell Pepper	
	Red Cabbage (large)	
	Romaine	
	Watercress (bunch)	

FRUIT

✓	ITEM	QTY
	Apples	
	Apricots	
	Cherries (lbs)	
	Currants	
	Dried Fruits (lbs) (Unsulphured)	
	Grapefruit	
	Grapes (lbs)	
	Kiwi	

FRUIT (CONT)

✓	ITEM	QTY
	Lemons	
	Limes	
	Mangoes	
	Melons	
	Oranges	
	Peaches	
	Pears	
	Plums	
	Tangerines	
	Watermelon	

HERBS AND SPICES

✓	ITEM	QTY
	Allspice	
	Anise	
	Bay Leaves	
	Cilantro (bunch)	
	Coriander	
	Dill	
	Fennel	
	Mace	
	Marjoram	
	Rosemary	
	Saffron	
	Sage	
	Scallions	
	Sorrel	
	Summer Savory	
	Tarragon	
	Thyme (bunch)	

VEGETABLES

✓	ITEM	QTY
	Artichokes	
	Asparagus	
	Beets and Young Tops	
	Bok Choy	
	Broccoli (head)	
	Brussels Sprouts (lbs)	

VEGETABLES (CONT)

✓	ITEM	QTY
	Butternut Squash	
	Cabbage	
	Cauliflower (head)	
	Celery (bunch)	
	Chicory	
	Collard Greens (bunch)	
	Corn (ear)	
	Daikon	
	Eggplant	
	Fennel	
	Green Beans (lbs)	
	Horseradish	
	Jerusalem Artichoke	
	Jicama	
	Kale (bunch)	
	Kohlrabi	
	Okra	
	Parsnips	
	Radishes	
	Red Onions	
	Rutabaga	
	Peppers (green, yellow, orange, red)	
	Rhubarb	
	Potatoes (lbs)	
	Pumpkin	
	Shallot	
	Sorrel	
	Spinach	
	Squash	
	Sweet Potatoes	
	Taro	
	Turnips	

VEGETABLES (CONT)

✓	ITEM	QTY
	Yams	
	Zucchini	

DRY GOODS

✓	ITEM	QTY
	Apple Cider Vinegar	
	Balsamic Vinegar	
	Brown Rice	
	Chamomile (dry herb loose or tea bags)	
	Flaxseed Oil (in opaque bottles, cold pressed)	
	Lentils	
	Natural Sweetener (honey, maple syrup, blackstrap or unsulphured molasses, raw sugar, such as Rapadura or Sucanat, or Stevia)	
	Oatmeal (lbs) (rolled, Scottish, steel cut, groats)	
	Peppermint Tea	
	Quinoa (lbs)	
	Red Wine Vinegar	
	Rye Bread (unsalted)	
	Yogurt (qt) (plain, unsalted, organic, fat-free)	

Sample Menu

While on the Gerson Therapy it is best to eat as large a variety of the allowed fruits and vegetables as possible. Do your best to rotate which vegetable dishes you will serve, even if you'd rather be eating cooked broccoli for every meal. This menu is an example of what a week of meals on the Gerson Therapy would look like. You can use this as a starting point and then begin exploring the many other recipes featured in this book. Slowly work your way toward some of the more complicated variations and recipes once you adjust to life on the therapy. Create a menu for the whole week so that you can organize better. Knowing exactly what you will be preparing each day will help you feel less overwhelmed. Having a menu will also make knowing what to shop for a whole lot easier.

MONDAY

LUNCH	DINNER
- Broccoli	- Zucchini
- Baked Potatoes	- Baked Potatoes
- Hippocrates Soup	- Hippocrates Soup
- Leafy green salad	- Leafy green salad

TUESDAY

LUNCH	DINNER
- Green Beans	- Spinach
- Baked Potatoes	- Baked Potatoes
- Hippocrates Soup	- Hippocrates Soup
- Leafy green salad	- Leafy green salad
- Tomato and Watermelon Salad	- Baked Banana with Orange Juice

WEDNESDAY

LUNCH	DINNER
- Artichokes	- Corn with Mixed Vegetables
- Baked Potatoes	- Baked Potatoes
- Hippocrates Soup	- Hippocrates Soup
- Leafy green salad	- Leafy green salad
- Raw mixed vegetable salad	- Raw Tomato and Bell Pepper Salad
- Potatonaise	- Orange Dill Vinaigrette
- Oatmeal Cookies	

THURSDAY

LUNCH	DINNER
- Mixed Greens	- Brussels Sprouts
- Baked Potatoes	- Baked Potatoes
- Sweet Potato Bites	- Quinoa Pilaf
- Hippocrates Soup	- Hippocrates Soup
- Leafy green salad	- Leafy green salad
- Fennel, Apple and Celery Salad	- Fruit Salad
- Orange Dill Vinaigrette	

FRIDAY

LUNCH	DINNER
- Sweet and Sour Cabbage	- Celery Root Casserole
- Mashed Potatoes with Greens	- Baked Potatoes
- Hippocrates Soup	- Hippocrates Soup
- Leafy green salad	- Leafy green salad
- Raw mixed vegetable salad	- Raw mixed vegetable salad
- Sweet Apple Cilantro Dressing	- Sweet Apple Cilantro Dressing

SATURDAY

LUNCH	DINNER
- Spaghetti Squash with Simple Gerson Tomato Sauce	- Kale with Beets and Orange Slices
- Baked Potatoes	- Potato Salad
- Hippocrates Soup	- Hippocrates Soup
- Leafy green salad	- Leafy green salad
- Raw mixed vegetable salad	- Onion, Garlic and Dill
	- Fruit and Yogurt Parfait

SUNDAY

LUNCH	DINNER
- Cauliflower with Carrot Sauce	- Ratatouille
- Baked Potatoes	- Parsley Potatoes
- Hippocrates Soup	- Hippocrates Soup
- Leafy green salad	- Leafy green salad
- Garlic and Onion Dressing	- Garlic and Onion Dressing

Sample Shopping List

This sample weekly shopping list is based on the sample menu and its corresponding recipes. It has been tailored for two people, but includes juice amounts for one person on the Gerson Therapy consuming 13, 8 oz. juices per day, which is typically the maximum number of daily juices. Many times shopping for the week is split into at least two separate trips.

SOUP			FRUIT (CONT)			VEGETABLES (CONT)			VEGETABLES (CONT)		
	ITEM	QTY		ITEM	QTY		ITEM	QTY		ITEM	QTY
✓	Celery Root	5	✓	Lemons	7	✓	Butternut Squash		✓	Yams	
	Garlic Bulbs	7		Limes			Cabbage	1		Zucchini	5
	Leeks	4		Mangoes	3		Cauliflower (head)	1	DRY GOODS		
	Parsley / Parsley Root (bunch)	1		Melons			Celery (bunch)	1	✓	Apple Cider Vinegar	1
	Potatoes (lbs)	9		Oranges	21		Chicory			Balsamic Vinegar	1
	Tomato	24		Peaches	3		Collard Greens (bunch)	1		Brown Rice	
	Yellow Onions	13		Pears			Corn (ear)	3		Chamomile (dry herb loose or tea bags)	1
				Plums			Daikon			Flaxseed Oil (in opaque bottles, cold pressed)	1
				Tangerines			Eggplant	1		Lentils	
				Watermelon	1		Fennel	1		Natural Sweetener (honey, maple syrup, blackstrap or unsulphured molasses, raw sugar, such as Rapadura or Sucanat, or Stevia)	1
SALAD			HERBS AND SPICES				Green Beans (lbs)	1		Oatmeal (lbs) (rolled, Scottish, steel cut, groats)	5
	ITEM	QTY		ITEM	QTY		Horseradish			Peppermint Tea	1
✓	Arugula		✓	Allspice			Jerusalem Artichoke			Quinoa (lbs)	5
	Green Leaf	8		Anise			Jicama			Red Wine Vinegar	
	Red Leaf	8		Bay Leaves	1		Kale (bunch)	2		Rye Bread (unsalted)	1
	Romaine			Cilantro (bunch)	1		Kohlrabi			Yogurt (qt) (plain, unsalted, organic, fat-free)	1
	Spring Mix (bag)	1		Coriander			Okra				
JUICE				Dill	1		Parsnips				
	ITEM	QTY		Fennel			Radishes	1			
✓	Carrots (lbs)	40		Mace			Red Onions	10			
	Chard (bunch)	7		Marjoram			Rutabaga				
	Endive	2		Rosemary			Peppers (green, yellow, orange, red)	4 (Red)			
	Escarole	2		Saffron			Rhubarb				
	Green Apples (lbs)	35		Sage			Potatoes (lbs)	10			
	Green Bell Petteer	7		Scallions			Pumpkin				
	Red Cabbage (large)	2		Sorrel			Shallot				
	Romaine	13		Summer Savory			Sorrel				
	Watercress (bunch)	3		Tarragon			Spinach	1			
FRUIT				Thyme (bunch)	1	VEGETABLES				Squash	1
	ITEM	QTY		ITEM	QTY		ITEM	QTY		ITEM	QTY
✓	Apples		✓	Artichokes	2	✓	Artichokes	2	✓	Sweet Potatoes	2
	Apricots			Asparagus			Beets and Young Tops	3		Taro	
	Cherries (lbs)	1		Beets and Young Tops	3		Bok Choy			Turnips	
	Currants			Bok Choy			Broccoli (head)	1			
	Dried Fruits (lbs) (Unsulphured)	1		Broccoli (head)	1		Brussels Sprouts (lbs)	1			
	Grapefruit			Brussels Sprouts (lbs)	1						
	Grapes (lbs)	2									
	Kiwi										

Herb and Spice Pairings

This chart gives several suggestions regarding which herbs and spices pair well with many of the fruits and vegetables featured in this book. But just because a particular herb or spice isn't listed next to an item doesn't mean it shouldn't be used. With time and a little experimentation you will discover which herbs and spices you prefer with each dish. Keep in mind, this is something that might change frequently.

ITEM	PAIRING
Apples	chives, dill, marjoram, rosemary
Apricots	thyme
Asparagus	dill, tarragon
Banana	chives
Beets	horseradish, tarragon, allspice, coriander, fennel
Broccoli	dill, mint, parsley, sage
Brussels Sprouts	dill, parsley
Cabbage	dill, mint, savory, thyme, coriander, fennel
Carrots	dill, parsley, thyme, coriander, fennel, mace
Cauliflower	dill, thyme, fennel
Celery	dill, parsley
Celery root	dill, marjoram, thyme, allspice, coriander, fennel
Chicories	dill, marjoram, thyme, allspice, coriander, fennel
Green beans	chives, dill, rosemary, savory
Eggplant	parsley, rosemary, savory, thyme
Fennel bulb	parsley, coriander
Kale	dill, marjoram, tarragon, thyme, allspice, coriander
Kolhrabi	chives, dill, parsley, allspice, coriander, fennel, mace

ITEM	PAIRING
Leek	dill, sage, thyme
Onions	anise, bay leaf, parsley, thyme
Parsnips	chives, fennel, parsley, thyme, coriander
Peas	chives, dill, mint, parsley, rosemary, thyme
Peppers	parsley, rosemary, thyme
Potatoes	dill, parsley, rosemary, sage, thyme, mace
Pumpkin	chives, onions, sage, thyme
Radishes	chives, dill, mint, parsley
Red cabbage	bay leaf, onions, thyme
Rutabaga	dill, marjoram, parsley, rosemary, allspice
Spinach	chives, dill, thyme, allspice
Squash, summer	chives, dill, marjoram, onions, coriander
Squash, winter	marjoram, onions, coriander, sage, dill
Sweet potatoes	leek, sage, thyme, allspice
Swiss chard	marjoram, parsley, savory, allspice
Tomatoes	cilantro, dill, parsley, rosemary
Turnips	dill, marjoram, parsley, rosemary, allspice