

Jessica's Healthy Shopping List



I have hand-selected this list of my favorite natural and minimally processed foods to help you make healthful choices quickly and easily when you shop at Gelson's.

- Imported Reggiano Parmesan cheese
- Friendship* no salt added cottage cheese
- Casa Sanchez* organic no salt salsa
- Organic Valley* or *Horizon Organic* milk
- WestSoy* organic unsweetened vanilla or plain soy milk
- Horizon Organic* or *Straus Family Creamery* organic nonfat plain yogurt
- Fage* TOTAL 0% & 2% or *Oikos* organic plain Greek yogurt
- Gelson's Finest* organic omega 3 eggs
- Wild salmon, tuna and black cod
- Other fish
- Rosie Organic* chicken
- Organic cuts of lean beef
- Dark green vegetables
- Orange fruit and vegetables
- Other fruit
- Other vegetables
- Melissa's* quinoa, taboule, dried mushrooms, organic dried fruit
- Gelson's Finest* organic nuts
- Organic tofu
- Harvest* pre-cut fruits & vegetables
- Garlic Expressions* or *Galeo's* salad dressing
- Recipes from Jessica's Kitchen* salads
- Bob's Red Mill* or *Familia* muesli
- La Brea Bakery*, *Café Fanny* organic or *Bear Naked* fit vanilla almond granola
- Kashi* U or Autumn Wheat cereal
- Silver Palate* thick and rough oatmeal
- Bob's Red Mill* or *McCann's* steel cut oats
- Green & Black's Organic*, *Scharffen Berger* or *Valrhona* dark chocolate
- Dove* dark chocolate Miniatures
- Nature's Earthly Choice* farro, quinoa, wheat berries and wild rice
- trū Roots Organic* quinoa
- Bob's Red Mill* organic quinoa and bulgur
- Texmati* organic brown rice
- Lundberg* brown and wild rices
- Wolff's* Kasha
- Natural Directions* organic dried beans and lentils
- Springfield* pearl barley, dried beans and lentils
- Sabrot* green lentils
- Natural Directions* organic or *Westbrae Natural Organic* canned beans
- Wild Planet*, *Natural Directions* or *Bumble Bee* canned wild salmon
- Season* sardines in water, no salt added
- Wild Planet* no salt added premium albacore tuna
- Crown Prince* chunk light tongol tuna in water
- Pacific Natural Foods* or *Imagne* organic low sodium chicken broth
- Kashi* TLC original 7-grain crackers
- Kavli* whole-grain crisps
- Ak-Mak* 100% whole-wheat crackers
- Flanigan Farms* natural raw nuts
- Blue Diamond* 100 calorie pack whole natural almonds
- Maisie Jane's* or *Kettle* almond butter
- Bragg's* organic salad dressings
- Napa Valley* organic olive oil
- Assorted vinegars
- Woodstock Farms* organic frozen fruit
- Dole* or *Wyman's* frozen unsweetened fruit
- Stablbush Island Farms* or *C&W* frozen vegetables
- Guiltless Gourmet* organic baked corn tortilla chips
- Food for Life* Ezekiel flourless sprouted whole-grain bread
- Mighty Leaf*, *Tazo* or *Good Earth* green teas
- Nordic Naturals* Ultimate Omega fish oil
- Culturelle* probiotic supplement



If you have any questions, please feel free to call Jessica at **1-800-GELSONS (435-7667)** or visit our website **www.gelsons.com** for a schedule of Jessica's store appearances.

Buying Calendar for Seasonal Fruits and Vegetables

BON APPETITI
GELSON'S
THE *Super* MARKET



January **February** **March** **April** **May** **June** **July** **August** **September** **October** **November** **December**

Apples	Apples	Apples	Apples	Cherries	Apricots	Apricots	Blueberries	Apples	Apples	Apples	Apples
Grapefruit	Grapefruit	Grapefruit	Grapefruit	Grapefruit	Blueberries	Blueberries	Cantaloupe	Cantaloupe	Dates	Dates	Dates
Lemons	Lemons	Lemons	Lemons	Lemons	Cantaloupe	Cantaloupe	Cherries	Figs	Figs	Grapes	Grapes
Oranges	Oranges	Oranges	Oranges	Oranges	Cherries	Cherries	Figs	Grapes	Lemons	Lemons	Lemons
Tangerines	Strawberries	Strawberries	Strawberries	Strawberries	Figs	Figs	Grapes	Grapefruit	Lemons	Persimmons	Oranges
Winter Pears	Tangerines	Tangerines	Tangerines	Tangerines	Honeydew	Honeydew	Grapefruit	Honeydew	Oranges	Pomegranates	Pomegranates
	Winter Pears	Winter Pears	Winter Pears		Lemons	Lemons	Honeydew	Lemons	Pears		Tangerines
				Nectarines	Nectarines	Nectarines	Lemons	Oranges	Persian Melon		
				Oranges	Oranges	Oranges	Oranges	Peaches	Persimmons		
				Peaches	Peaches	Peaches	Peaches	Pears	Pomegranates		
				Plums	Plums	Plums	Pears	Persian Melon	Raspberries		
				Raspberries	Raspberries	Raspberries	Persian Melon	Plums			
				Strawberries	Strawberries	Strawberries	Plums	Pomegranates			
				Watermelon	Watermelon	Watermelon	Prunes				

Fruits

Winter Spring Summer Fall

Artichokes	Artichokes	Artichokes	Artichokes	Artichokes	Carrots	Cabbage	Cabbage	Cabbage	Broccoli	Broccoli	Broccoli
Beets	Beets	Beets	Beets	Asparagus	Celery	Celery	Celery	Celery	Brussels Sprouts	Brussels Sprouts	Brussels Sprouts
Broccoli	Broccoli	Broccoli	Broccoli	Beets	Cucumbers	Cucumbers	Cucumbers	Cucumbers	Cabbage	Cabbage	Cabbage
Brussels Sprouts	Brussels Sprouts	Brussels Sprouts	Carrots	Cucumbers	Green Beans	Green Beans	Green Beans	Green Beans	Carrots	Carrots	Carrots
Cabbage	Cabbage	Cabbage	Cauliflower	Lettuce	Onions	Onions	Onions	Onions	Cucumbers	Cauliflower	Cauliflower
Cauliflower	Cauliflower	Cauliflower	Cooking Greens	Celery	Green Beans	Green Beans	Lima Beans	Lima Beans	Eggplant	Celery	Celery
Celery	Celery	Carrots	Cooking Greens	Peppers	Lima Beans	Lima Beans	Lettuce	Lettuce	Green Beans	Cucumbers	Cucumbers
Cooking Greens	Cauliflower	Cauliflower	Lettuce	Potatoes	Lettuce	Onions	Onions	Onions	Lima Beans	Green Beans	Cucumbers
Lettuce	Celery	Celery	Onions	Peas	Peppers	Peppers	Peppers	Peppers	Lettuce	Lettuce	Lettuce
Potatoes	Cooking Greens	Cooking Greens	Peas	Sweet Corn	Onions	Onions	Summer Squash	Summer Squash	Peas	Peas	Peas
Spinach	Potatoes	Potatoes	Potatoes	Tomatoes	Peppers	Potatoes	Peppers	Peppers	Potatoes	Potatoes	Peppers
	Spinach	Spinach	Sweet Corn	Sweet Corn	Potatoes	Sweet Corn	Sweet Corn	Sweet Corn	Sweet Corn	Summer Squash	Summer Squash
			Tomatoes	Tomatoes	Sweet Corn	Tomatoes	Tomatoes	Tomatoes	Sweet Corn	Sweet Potatoes	Sweet Potatoes
					Tomatoes	Tomatoes	Tomatoes	Tomatoes	Sweet Potatoes	Sweet Potatoes	Sweet Potatoes
									Winter Squash	Winter Squash	Winter Squash

Vegetables

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