

# Reflux-Friendly Grocery Guide

## FRUITS

Watermelon

Honeydew/cantaloupe

Papaya, Dragonfruit

Bananas

Brown (Bosc) pear

Apples (can stew to decrease acidity)

Blueberries (can stew to decrease acidity)

## VEGETABLES

Spinach/Kale/Romaine lettuce

Zucchini, Cucumber, Endive, Jicama

Eggplant, Fennel, Turnip, Sprouts

Celery, Green Beans, Bok Choy

Asparagus, Brussels Sprouts, Beets

Broccoli, Cauliflower, Cabbage

Carrots, Parsnip, Peas, Artichoke

## PROTEINS

Salmon/Tuna/Cod/Shellfish

Lean chicken/turkey

Lean beef (90-98% lean, sirloin)

Tofu/tempeh

Eggs

Legumes (ex. lentils, black beans)

Seeds (ex. hemp & pumpkin seeds)

## DAIRY/ DAIRY ALTERNATIVES

Cheese (ex. sheep, goat, or low fat)

Low-fat yogurt or coconut yogurt

Low-fat Cottage cheese

Low-fat Kefir

Coconut milk, Flax Milk

Almond milk, Soy Milk

**\*Dairy tolerance is very individual! Lower fat dairy products may be better tolerated.**

## GRAINS/STARCHES

Oatmeal, Polenta

Wild rice, white rice, brown rice

Quinoa, Quinoa or rice crackers

Bulgar/millet/buckwheat

Potatoes, Sweet potatoes

Pumpkin, Squash

Pasta/Brown Rice Pasta

Whole grain bread / crackers

## SEEDS/NUTS/SNACKS

Almonds, walnuts, pumpkin seeds

Chia seeds, flax meal, hemp hearts

Flax seed crackers 🌿

Roasted seaweed snack

GoMacro bars

Plant-based protein shakes

Ancient-grain granola



# Reflux-Friendly Seasonings & Condiments

## SEASONINGS

Basil\*

Dill\*

Parsley\*

Cilantro\*

Oregano\*

Thyme\*

Turmeric\*

Rosemary\*

Sea salt or table salt

Flaky Maldon salt

Fennel

Leek

Celery Seed

Bay Leaf

Nutritional Yeast

Za'atar seasoning or Dried Sumac

Cinnamon (<1 tsp/serving)

**\*Anti-inflammatory herbs**

## CONDIMENTS/SAUCES

Avocado oil

Extra-virgin olive oil

Garlic-infused olive oil

Tahini

Almond butter

Sunflower seed butter

Pumpkin seed butter

Coconut aminos

"No-matote" sauce\*

Green goddess sauce\*

Cashew alfredo sauce\*

Spinach basil pesto\*

Sesame "peanut sauce"\*

**\*These recipes (and hundreds more) can be found on the [\*\*FLORA™\*\*](#) app!**

# Budget-Friendly Reflux-Friendly Freezer Staples

## FROZEN STAPLES

Bananas

Berries

Green beans

Asparagus

Brussels Sprouts

Broccoli

Cauliflower

Carrots

Peas

Artichoke

Mushrooms

Edamame beans

Turkey or chicken burgers

Shrimp

Salmon fillets

Rice/quinoa packets

Prepped & cut sweet potatoes