



ACID REFLUX DIET

Shopping List



Meats and proteins

- Lean chicken
- Fish
- Tofu
- Turkey
- Lentils
- Beans

Fruits

- Bananas
- Apples
- Pears
- Grapes
- Melons
- Papayas

Grains

- Oatmeal
- Brown rice
- Quinoa

Other

- Ginger
- Honey
- Chamomile tea
- Peppermint tea

Dairy

- Low fat milk
- Yogurt
- Cottage cheese
- Kefir
- Greek yogurt

Vegetables

- Broccoli
- Spinach
- Asparagus
- Sweet potatoes
- Carrots
- Beets
- Cauliflower
- Brussels sprouts
- Collard greens
- Kale
- Lettuce



SHOP FASTER. MAKE LISTS IN THE LISTONIC APP

