



# Estrogen Reset **LIVE** Shopping Guide

## Herbs and Spices

Do an online search for a local herb shop or natural health food store that may carry fresh and dried herbs and spices. If you don't have a local spot to shop, here are some online herb shops we recommend:

- Rebecca's Herbal Apothecary
- Frontier Co-Op
- Starwest Botanicals
- Mountain Rose Herbs

## Animal Products

Check with your local butcher, farmer's market, or whole foods market for meats and other animal products. For online shopping, we recommend:

- Wild Pastures
- Butcher Box
- Paleo valley

## Thrive Market

Thrive Market is an online marketplace for sustainably and ethically sourced groceries. You'll find great options for dairy-free and gluten-free products, healthy snacks, fresh seafood, and more. Use our link to save an extra 40% off on your first order - [Shop Here](#).

## Natural Health Food Store

We encourage exploring the natural grocery stores in your local area. Here are some we love:

- Sprouts
- Whole Foods
- Trader Joes
- Natural Grocers

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## Gluten Free Breads

The meal plan includes a recipe for gluten-free Rustic Olive Bread that is used as an ingredient in a handful of recipes. If you decide to purchase an already-made loaf of bread, here are our tips for finding quality gluten-free bread at the store:

- Support a local gluten-free bakery if one is in your area.
- Check at natural grocery stores like Whole Foods for local brands instead of nationwide brands.
- Look for 3 grams or more of fiber.
- Check the ingredient list for eggs - it's preferred to avoid eggs during an elimination diet like the one in Estrogen Reset LIVE.
- Avoid bread with tapioca or potato starch as the first ingredient, as this will spike blood sugar.
- Aim for minimal or no added sugars.
- Store gluten-free bread in the fridge or freezer until you are ready to use it.

## Additional Resources

- [Non-GMO Shopping Guide](#) - Find Non-GMO verified products here. GMO stands for "Genetically Modified Organisms."
- [EWG Dirty Dozen](#) - The Dirty Dozen is a list of fruits and vegetables with the highest pesticide exposure. Shop organic whenever possible.
- [EWG Clean Fifteen](#) - The Clean Fifteen is a list of fruits and vegetables with the lowest concentration of pesticides, even when grown conventionally. It is okay to shop non-organic.
- [Local Harvest](#) - Find a farmer's market, farm, or CSA program near you.