



Carrie Hudson
Ancient Wisdom for Modern Living

Fall Foods Shopping List

Warming Grains & Legumes

- Mung Beans (for stewing) • Steel-Cut Oats
- Basmati Rice

Seasonal Roots & Vegetables

- Winter squash (acorn, butternut, delicata)
- Sweet Potatoes • Carrots
- Dandelion Greens • Fresh Ginger
- Fresh Turmeric

Fruits for Gentle Nourishment

- Apples • Blackberries (optional, use in moderation)

Fats, Ferments & Sweeteners

- Avocados • Kefir • Cottage cheese (if tolerated)
- Raw, uncooked honey

Warming Spices (Optional Add-ons)

- Cinnamon • Cardamom • Cumin • Turmeric
- Fennel • Black Pepper • Clove • Coriander

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• FIND YOUR BALANCE • ANCIENT WISDOM FOR
MODERN LIVING