



The Psoriasis Program Shopping List[©]

By Eric Bakker N.D.

<http://www.ultimatepsoriasisprogram.com>

Your Psoriasis Lifestyle & Dietary Program

By Eric Bakker N.D.

The success of The Psoriasis Program, as well as your ability to achieve your health goals whether they be freedom from a skin lesions, joint pain, weight-loss, improved energy levels and wellbeing, better sleep, or whatever your health goals are, rests mainly on your resolve to focus on several aspects of your health, both now and in the future. Adopting the right diet and lifestyle are both paramount if you wish to not only successfully eradicate your psoriasis, but wish to keep it away forever.

In The Psoriasis Program, you will find more than two-hundred pages relating to diet and nutrition alone, as one of the most important aspects of this comprehensive program is diet and healthy eating. In addition, you will also find over three-hundred pages of the best advice, hints and tips on lifestyle advice, how to manage your stress, cleansing and detox and plenty of information on what to do with your skin and to quickly calm any flare-ups.

The idea of this document is to assist you to become a little more educated about your healthy psoriasis eating options, and to give you a list of suitable foods you can buy when you go out shopping. Some of the foods or drinks may be unfamiliar to you, but they have been carefully selected with psoriasis-eradication in mind. Ideally, you will select foods in their most natural state, which are as free as possible of preservatives, colorings and flavorings.

Whilst organic and free-range options are desired, for some these may not be an option due to their higher cost or limited availability. You may find your local supermarket or grocery store to have many of the following items, but for a more extensive selection of nuts, seeds, legumes, dried beans, various specialty breads, crisp breads, crackers, biscuits, snack bars and seaweeds you may need to visit your local Health-Food shop. Don't forget your local ethnic or Asian shop where you will find also many suitable foods.

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A Quick Overview of the 5 Stages of the Psoriasis Program

The following 5 stages represent the five sections you will read in The Psoriasis Program. There are 12 booklets in the Psoriasis Program, please view the QUICK START GUIDE for the best overview of this program.

Stage 1 - The Psoriasis Diet

- If you want to recover quickly and completely, let's begin by recommending a good cleanse followed by the Psoriasis Diet. Most people will benefit from a brief bowel cleanse before we commence; I call this cleansing stage the "Big Clean-Up".
- I will show you the best foods to eat, what you must avoid and the best ways to eat and prepare these foods if you have psoriasis. The three-stage psoriasis diet I've been using for years is proven and has been used with many psoriasis patients in my clinic with great results. I will explain to you these concepts in two separate books entitled Introduction To Healthy Eating For Psoriasis (108 pages) and The Psoriasis Diet (98 pages), more than 200 pages packed full of hints and tips you won't have seen anywhere before; all of your psoriasis dietary questions will be answered removing all doubt.
- The Psoriasis Diet is your top priority, and Stage 1 is the biggest section of the Program, as many of my dietary recommendations are at the heart of this most successful Program. These two books contain all the dietary information you will ever need to know if you want to keep psoriasis away for good.

Stage 2 - Psoriasis Internal Cleansing And Detoxification

- Don't skip the internal cleansing and detoxification stage. This is a most important step; regardless of how clean your diet or lifestyle was before you started on the Psoriasis Program. Understand that psoriasis is the external manifestation of accumulated toxins, and that detox is not to be skipped if you are serious about getting rid of your psoriasis. The way to build a foundation for good health in the future is to remove the internal toxins that have accumulated to prevent further contamination and continuation of your psoriasis. Toxins are best removed by way of specialized internal cleansing as well as the proper selection of the best cleansing foods and drinks.
- I will show you how to successfully complete the 3-stage psoriasis-cleansing program. This section outlines the most efficient ways to cleanse and detoxify your body; in addition, I will also outline heavy metal toxicity as well as more advanced cleansing and detoxification. Learn how to incorporate special foods, supplements, herbs and teas that will all aid in the process of helping you to achieve your ultimate goal of attaining a clear and beautiful skin in the shortest possible time.
- I will explain everything you will ever need to know about cleansing and detox if you have psoriasis in the book entitled Psoriasis, Internal Cleansing And Detox (49 pages).

Stage 3 - The Psoriasis Lifestyle

- Some of the Psoriasis Program's most important information is contained in this third stage, as it will teach you how to remain psoriasis-free for life by identifying and eliminating those causes. This stage explains how to reduce your current risk factors for not only psoriasis, but for a host of other diseases as well. Stage 3 explains about the importance of sleep, relaxation, exercise and meditation and shows you how to stay away from the triggers of your psoriasis. This third section will also outline how to put your personal Psoriasis Program all together.
- Understand stress, keep your stress levels under control, and managing your stress on a day to day basis, apart from diet and nutrition, is the second most important factor in your recovery from psoriasis.
- The book entitled Psoriasis and Understanding the Lifestyle (80 pages) explains in detail the key relationship between stress, your immune system, and psoriasis. This information is often lacking in every psoriasis book I have ever seen, and surely worth the price of the Psoriasis Program alone.

Stage 4 - Psoriasis Skin Treatments

- The booklet entitled Psoriasis and What To Do With Your Skin (32 pages) is packed with the most effective natural treatments you will ever find that will give you instant and lasting relief from psoriasis. I will explain to you why external applications don't cure psoriasis, these are merely palliative treatments that never get to the root of the problem. Patience is required because internal toxins must first be reduced before external lesions go away and eventually disappear.
- I will teach you my top ten psoriasis skin-care tips, and by following these hints and tips you will save yourself a lot of potential pain and suffering. Learn the best oils and creams to use, including the best essential oils. You will find several different psoriasis skin formulas in this booklet, designed by many of the world's leading natural health psoriasis experts.
- Learn all about bathing and showering, the best ways to moisturize your skin and the amazing benefits of sunlight and seawater.

Stage 5 - Psoriasis Special Foods, Dietary Supplements, Herbs and Teas

- The last stage of the Psoriasis Program will teach you the most beneficial “special” foods to incorporate into your diet to keep psoriasis away forever. Let me teach you which foods that have shown to be the most beneficial with psoriasis, foods that aid in cleansing the liver and kidneys, foods that suppress inflammation, reduce the body’s acidity, and assist in eradicating chronic psoriasis.
- I will show you the most effective nutritional supplements that have been proven to be the most beneficial for psoriasis patients. You will learn the best ones to take and exactly how, why and when you need them.
- Learn about the best herbal medicines and herbal teas that can help you get rid of your psoriasis quickly.

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The 3 Psoriasis Diet Stages



The Psoriasis Diet is in 3 stages, and each part is covered in much detail in the Psoriasis Diet book. Before you begin these three stages I always recommend an initial cleansing stage I call the Big Clean-Up. This allows you to slowly ease yourself into the Psoriasis Diet Program without experiencing too much discomfort or withdrawal from some of the common foods and drinks we all tend to consume as adults, such as alcohol, caffeine, take-away foods, candy, ice cream and chocolate. The Big Clean-Up also reduces your chances of experiencing any major aggravations that so many people experience who decide on curing their psoriasis naturally.

Stage 1 – The Psoriasis Diet - Induction (The MEVY Diet) Stage

The first stage is the Psoriasis Diet Induction (The MEVY Diet) Stage; this stage lasts generally from two to three weeks and is best followed strictly, no exceptions. This diet is easy to follow; you have plenty of food choices and will find it easy to do. MEVY stands for Meat, Eggs, Vegetables and Yogurt.



Stage 2 – The Psoriasis Diet Low-Allergy (Hypo-Allergenic) Stage

The second stage is the Psoriasis Diet Low-Allergy (Hypo-Allergenic) Stage and this can last from two through to six weeks or even more. Depending on your results in Stage 1, you may not even need to go ahead with stage 2, but I highly recommend you complete stage 2 if you are a long-standing psoriasis sufferer, have consumed alcohol regularly for a few years or in particular have any history of taking an antibiotic (even many years ago), the oral contraceptive pill or any psoriasis drugs regularly like methotrexate, cyclosporine, topical corticosteroids, etc. This stage is critical when it comes to healing the lining of your digestive system (leaky-gut syndrome) which is one of the biggest health challenges those with chronic psoriasis face. I even wrote a booklet for you called Psoriasis and Leaky Gut Syndrome (5 pages) on the topic. By incorporating the low-allergy stage of the diet, you will fast-track your psoriasis recovery, especially if you follow the lifestyle recommendations in the Psoriasis Program, something I’ve discovered to be the missing link in just about every psoriasis book I have ever studied.



Stage 3 – The Psoriasis Diet – Food Re-Introduction Stage

With the third stage it is time your Psoriasis Diet Re-implementation Stage, this stage is mandatory like the first stage. We are now returning your diet back to normal and go about expanding the range of foods you eat, carefully testing foods to establish those which are best left alone for some time and in some cases maybe even permanently dropped off your menu. In time you should be able to eat a normal diet again, like you did before you became unwell. Do you find this hard to believe? I've seen countless people go back to foods they were told they would never eat again after they recovered. Don't believe for one minute that you will have to avoid eating the foods you love forever, just because somebody told you so. To get the most from your food re-introduction, be sure to follow my lifestyle recommendations outlined in the Psoriasis Diet book.

Your Psoriasis Program Shopping List

VEGETABLES



You can use all varieties of fresh vegetables, and it is good to remember that frozen is OK but will always be your second-best choice. Vegetables can be steamed, baked, lightly sautéed or stir fried in a small amount of olive oil, eaten raw or juiced. You can essentially eat any vegetable combined with any other vegetable in any quantity you like.

Raw vegetable salads can be difficult for some people to digest. You may want to steam or bake your vegetables, especially if you experience any digestive discomfort. Raw foods are a great source of vitamins, minerals and enzymes but if you have problems digesting them then you shouldn't eat them completely raw, at least until your digestive system improves. Freshly juiced vegetables are an excellent alternative, as they offer all the benefit of live raw energy foods and may be somewhat easier on your digestive system. Initially, you may notice an increase in intestinal gas and a change in your bowel function from including more vegetables than you normally do. This is result of bacterial fermentation of plant cell wall products that should gradually dissipate. Probiotics and digestive enzyme supplementation may be of benefit in such cases.

- **Leafy green vegetables** – lettuce, spinach, silverbeet, endive, bok choy and other Chinese vegetables.
- **Root vegetables** – carrots, beetroot (include leafy tops), sweet potato, yams, celeriac, parsnip, radishes (including leafy tops), turnips. You should eat this food group with caution during the first month; I discovered that once we take away refined carbohydrates from a person's diet (sugar, soda drinks, alcohol, ice cream, chocolate, commercial breads, etc.) that many they tend to eat plenty of the high starch root vegetables as a substitute. Too many sweet, starchy carbohydrates can be a substitute for sweet foods and encourage dysbiosis (bad bacteria), and even candida yeast proliferation or infection.
- **Cruciferous vegetables** – cabbage, cauliflower, Brussels sprouts, mustard greens, broccoli.
- **Vine vegetables** – cucumbers, zucchini, pumpkin varieties and squash. (Pumpkin and squash are high in starch and should be avoided during the first month).
- **Onion (allium) vegetables** – shallots, spring onions, chives, red and brown onions and garlic.
- **Other vegetables** – asparagus, celery, okra, string beans, seaweeds, kelp, and sauerkraut.

Vegetables not safe with candida (increase risk of inflammation)

You will want to **avoid the nightshade family of vegetables entirely** if you have psoriasis, and this includes:

Red, yellow and white potato, eggplant, tomato (tomato sauce, juice and paste as well), capsicum (bell peppers), chilli, and pimento.

FRUITS



Fresh

fruits are discouraged for the first two weeks once you start the Psoriasis Diet, but there is nothing wrong with eating fresh fruits as your digestive system begins to recover. It is important to point out that some fruits are better than others when it comes to eliminating and recovering from psoriasis, and I have found with psoriasis patients that fresh fruits tend to be considerably less of a problem than dried fruits, even in the tiniest amounts. Citrus fruits and all fruit juices (except for lemons and limes) are best avoided until you have improved significantly because they contain too much sugar in the form of sucrose and fructose. Up to 75 percent or more of psoriasis sufferers have an underlying candida yeast infection, and candida craves sugar.

Grapefruit and grapefruit juice is probably one of your best citrus options, particularly if you add a few drops of GSE (grapefruit seed extract) which is very antifungal. You can read a lot more about GSE in one of the booklets I have written entitled Psoriasis - Special Foods, Supplements and Herbs. Remember, if it tastes really sweet and especially if you crave a particular fruit - then leave it well alone until well down the track.

Fruits initially safe with psoriasis

Blueberries, boysenberries, kiwi fruit, avocado and green apple (Granny Smith), pomegranate, lemons and limes, and strawberries.

Fruits not initially safe with psoriasis

Pineapple, mango, plums, peaches, nectarines, apricots, oranges, mandarins, bananas, grapes, dates, ALL dried fruits – especially figs, dates, apricots, sultanas and raisins, are particularly high in sugar and should be avoided.

FRESH HERBS



There are many herbs with antifungal properties, and the best ones are garlic and oregano. The following herbs are good to incorporate into your diet, try to eat them fresh regularly, especially in summer time when they grow easily and abundantly.

Basil	Mint	Marjoram	Rosemary
Sage	Coriander	Oregano	Parsley
Thyme	Chives	Garlic	Ginger

GRAINS and FLOURS



Rice flour, natural brown rice flakes (gluten free), wholegrain brown rice, barley grass powder, wheat grass powder or shots, alfalfa grass powder, amaranth, rice noodles, rye flakes, buckwheat, soba (100% buckwheat) noodles (Asian shops may have selection here), millet, whole oat flakes, wild rice. There are literally dozens of varieties of rice. Brown and wild rice are the best varieties, and white rice is often a superior choice than wheat products, especially Basmati rice.

PASTA



Did you know there are more than 600 different kinds of pasta in the world? You don't have to eat a wheat-based pasta, and if you want to avoid wheat and gluten, then try and pasta made from millet, soba (100% buckwheat), quinoa or even mung-bean starch. Rice pasta is available from many health food shops. These pasta selections will be a superior choice over wheat varieties of pasta for those with chronic or severe psoriasis. Some with psoriasis will want to go strictly gluten-free, and you will find plenty of good advice in the Psoriasis Program about the best ways of going gluten and dairy free.

NOODLES



You can still enjoy eating noodles if you have psoriasis, and once again, if you don't want wheat or gluten then you do have choices. Rice noodle, rice vermicelli (Asian section), rice sticks, rice paper. Soba noodles (get 100% buckwheat), udon, or ramen. Some may be harder to get than others, try the Asian section of your supermarket or an Asian, ethnic or a specialty food shop.

PULSES



Pulses are the edible seeds of legumes, like lentils, beans, peas and chickpeas. Each of these pulse varieties comes in a wide range of colors and sizes. The name pulse is derived from the Latin *puls* meaning thick soup or potage. Many early civilizations developed around diets of pulses for protein, combined with a cereal crop to provide energy. Beans and corn are examples from the Americas, while pita breads and humus (chickpea or garbanzo based) are Middle Eastern examples. You may not have eaten pulses much in the past; they are a great way to reduce your meat intake and are a very healthy addition to your diet. Pulses are great in emergencies as well when you don't have meat. They are perfectly fine to eat when you have psoriasis – but go very easy when you start to incorporate them into your diet, especially if you have not eaten them much in the past. Start with small amounts, your digestive system may find it hard going at first and I recommend you take a probiotic and digestive enzyme regularly, you will digest pulses better and reduce the amount of bloating and gas which may occur.

Adzuki Beans	Butter Beans	Flageolet Beans	Red Kidney Beans
Black-eye Beans	Cannellini Beans	Haricot Beans	Sprouted Beans
Broad Beans	Chickpeas	Lentils (red/green)	

PULSES (DRIED)

Your health food shop will often carry a large selection of lentils, beans and chickpeas (also called garbanzo beans, get the larger, more plump ones) red lentils, green lentils, blue peas, split peas, and many more varieties. Asian stores often have a good selection, they also have black beans (adzuki) that are harder to get elsewhere.

PULSES (CANNED)

Butter beans, five-bean mix, red kidney beans, lentils, chickpeas, cannellini beans, lentils, white beans, chickpeas, butter beans.

NUTS & SEEDS



Nuts and seeds are a true nutritional powerhouse; they are packed with protein and many minerals. You will find these in the bulk-food bins at your local supermarket or in your health-food shop. Choose fresh and unsalted, buy small amounts and consume small amounts regularly, remember that they are high in calories. Don't buy if soft and stale, and avoid peanuts, they are not true nuts but legumes that grow underground in pods. Peanuts are potentially allergy causing and best avoided on the Psoriasis Program. Here are the best varieties of nuts and seeds:

Almonds	Chestnuts	Flaxseeds	Pumpkin Seeds	Brazil Nuts
Coconuts	Hazelnuts	Sesame Seeds	Cashews	Pine Nuts
Sunflower Seeds				

BREADS



Whole Grains

It is a common misconception that people with psoriasis should follow a no grain and 100 percent gluten free diet. I am not an advocate of this, you will most certainly need to avoid gluten if you are a celiac or have a gluten allergy, but not everybody with psoriasis has a gluten allergy. Gluten is often to blame when a person has a chronic ongoing digestive problem, but try blaming the levels of poor bacteria and a candida yeast over-growth in the digestive tract before you eliminate all gluten containing foods. However, many with chronic psoriasis will have developed food allergies and leaky gut syndrome, and this is why I incorporated the Stage 2 low-allergy component of the Psoriasis Diet. You are OK to eat wheat and gluten products in most cases, providing you eat bread for example made from just whole meal flour, salt and water, bread which contains no yeast or sugar. Have you ever had delicious sourdough bread?

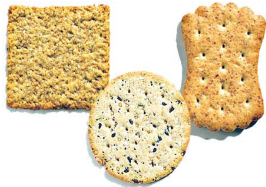
Breads, Biscuits, Cakes and Muffins



All breads, biscuits and muffins should be made with baking powder or baking soda as a leavening agent. Avoid any commercially prepared products containing any form of sugars or yeast. Best to make and bake your own breads, biscuits, cakes or muffins. *Be particularly careful* with this category of foods, and if your psoriasis is severe, chronic or has been of a long duration, then you will need to avoid most all cookies, muffins, breads, scones and baked or flour-based products for some time until you improve to a high level. Most Supermarkets today and just about all Health Food stores stock a wide range of wheat and gluten-free breads, including cakes, muffins, pizza bases, biscuits, etc. Some can be found

right alongside ordinary breads, others have to be ordered from the shop's bakery. If you want to play it really safe, most all Bakeries today can sell you sugar-free, yeast-free, wheat and gluten free bread options. I know of a few bakeries and health-food shops in my region that bake or sell an excellent 100% rice bread and rice biscuits and various other gluten-free options. You may not live in my region, but I'm sure if you look around your region you will find a similar bakery or health food shop in that will be able to supply you with a product you are looking for.

CRISPBREADS AND CRACKERS



Your health-food shop will have a range here, especially for the more unusual items such as items such as oat cakes, but all the major supermarkets will often stock a good selection of wheat-free, gluten-free, yeast and sugar-free crisp breads and crackers. If you want to go gluten & wheat free, take care to ensure that they actually are wheat and gluten free by observing the labels or asking questions. Some options for you depending on your requirements, taste and sensitivities include rice and corn crisp breads, cakes or thins, Japanese-style rice crackers, gluten-free wraps, buckwheat or millet cookies, seaweed crackers, etc.

CAKES, CHIPS, SNACKS and BARS



You are quite limited in your choice here, because in my experience this category is quite risky because cakes, chips, snack bars and similar foods will contain hidden sugars, preservatives, colors, flavorings, hydrogenated fats and potentially even yeast. You may be able to find some snack bars including nut, seed and coconut bars, chick pea chips, corn chips, sesame seed (sugar-free) bars, etc. I'm certain that you will be able to find suitable recipes online for these snack foods that will suit your needs. Make your own to be safe.

SOUPS



Make your own soups, or a good health-food shop or large supermarket may be able to supply you with a range of organic soups, many of which will be found to be gluten, sugar and yeast-free and are delicious. Such companies often manufacture a range of dips including hummus and lentil dips as well. As usual, read all labels carefully or do an online search for the manufacturer and simply call them up or send them an email if in doubt.

SPREADS & DIPS



Guacamole is a delicious dip made with avocado as a base.
Hummus is a delicious dip made with tahini and chickpeas.
Nut Butters like almond or cashew. Buy or make your own.
Tahini (sesame seed paste)

SEAFOOD



Fresh fish – You will get plenty here from your local fresh fish supplier. Go for the freshest choices, the fish should have clear eyes and not smell fishy or old. Buy fillets (expensive) or scaled and cleaned whole fish (cheaper). Fresh or frozen fish is available from all good supermarkets as well. Smaller fishes are better – less time to build up toxins like mercury. Canned red or wild salmon or sardines packed in water or olive oil (avoid soya oils)

POULTRY



Organic free-range eggs are best, but if not available or affordable, then your next best choice is the caged bird eggs. Free-range eggs are available from all good supermarkets and health food stores. Fresh chicken – Select free range poultry if possible (expensive and hard to get at times), corn fed may be a better option, unless the birds have been fed on GMO corn. Otherwise purchase fresh chicken from your local supermarket. Fresh turkey is another excellent protein source, free-range naturally.

MEATS



Venison (deer meat) – limited availability but an excellent protein source, check in with your health food shop (or perhaps you know a friend who goes hunting) Lean mutton, lamb or goat meat – organic or grass-fed is available from various health food outlets. Otherwise you can select lean sources from your local supermarket or your local butcher. Grass fed is better than grain fed beef, and Bison is available in North America, which is another great source of protein. It is best to eat lamb or sheep's meat when you have psoriasis, venison is good – but do reduce your intake of beef, which is a more inflammatory protein.

PROTEIN (other sources)



Vegetarian sausages made from beans, try a good health food shop.
Vegetable sausages or hot dogs made from Soy protein.
Organic Tofu, Bean curd or Tempeh (fermented soy product)
Casserole mince (from beans, nuts or lentils), Nutmeat, Vegetarian Sausages.

DAIRY



Yoghurts – Organic or biodynamic sheep, goat or cow's milk yoghurt, Organic soy yoghurt (not dairy, but a yogurt), acidophilus yogurt. Cheeses – Goat's Feta, Mozzarella or Parmesan cheese, various goat's or sheep's cheeses are available and will be a better choice than cow's cheeses.

CEREALS



Your supermarket will have many gluten-free options if you want to go gluten free, but your Health Food shop will have a wider selection. Gluten free cocoa puffs, cornflakes, gluten-free corn flakes, and you may find a reasonable wide range of suitable muesli and granola products if you go to your health food shop. I'd recommend you make your own muesli or granola, that way YOU control what goes into the mix. Rice porridge, puffed millet and millet porridge are all good options.

SEAWEEDS



Eating seaweeds may seem very strange to some, but various seaweeds are an extremely health addition to anyone's diet. Seaweed is an extremely rich source of many different minerals, many which are hard to get from other food sources. They are available from your health Food or Asian store. The Psoriasis Program gives you much more information about these amazingly healthy edible ocean plants.

Wakame	Hijiki	Kombu
Nori	Arami	Dulse (Kelp)

FERMENTED & CULTURED FOODS



Foods that have been cultured naturally or lacto-fermented are important additions to the diet of those with a yeast infection, because they contain enzymes and bacteria that help digest food and help the body to eliminate wastes. These foods help to cultivate friendly bacteria in the intestinal tract that in turn aids in digestion, helps to boost immunity and increases the uptake of Vitamin B12. Naturally cultured or lacto-fermented foods are particularly important to eat during the recovery phase of psoriasis.

Raw, organic, unpasteurized apple cider vinegar . Soy products – Tempeh, Natto, Miso. Sourdough breads Yogurt, Kim Chi, Kefir. Sauerkraut

OILS & FATS



Fats and oils are important for many body processes. You need to eat some fat in your diet. Fat protects your organs, keeps you warm and helps your body absorb and move nutrients around. It also helps hormone production. However, some fats are better than others and having too much of any type is not a good idea. Your best fats are those that are liquid at room temperature. Many natural plant fats are anti-inflammatory by nature and are a good addition to your diet if you have psoriasis.

Rice Bran Oil, Coconut oil, Extra-virgin Olive Oil, Sesame Seed Oil, Pumpkin Seed Oil Walnut Oil and Sunflower Seed Oil are available from your Health Food shop. Flaxseed oil products

SPICES & FLAVOURINGS



Cumin Garlic Turmeric Ginger
 Apple Cider Vinegar (Braggs) Lemongrass
AVOID: Hot Pepper (Tabasco) Sauce Paprika Chilli

DRINKS



Pure or filtered water or bottles of still, low- sodium mineral water.
 Herbal Teas
 Rice or oat milk (check label to ensure they have no sugar)
 Non-dairy milks like almond, rice, sesame, soya (avoid if you have soy allergies)
 Nut milks – You can make these at home easily, recipes are easy to find online.

Stocking Up On Foods – Your Pantry



The essential ingredients in your Psoriasis Diet are the fresh foods; fresh vegetables, eggs and meat, and these are all essential. Also, fresh yeast and sugar free-breads and cereals are also excellent, unless you are allergic or intolerant to them. Shop as frequently as possible and try to have the freshest foods on hands for up to three days at a time is best. Make certain that there is no mold or mildew on your fresh foods, and be particularly careful with your vegetable crisper that you clean it out at least once each week, and your refrigerator and pantry quite regularly as well. Plan your meals ahead, that way you will be able to select the foods you need and never fall short. Make sure you buy any ingredients you have not previously had and keep them in stock.

It is best that you make your own yogurt, and if you are adventurous, your own kefir and sauerkraut, but if this is not possible buy only small quantities. Make sure your selection of perishables is fresh, by checking the expiry dates. I buy these items towards the back of the shelf in the fridge section of the shop; they tend to have longer expiry dates than the ones up the front.

It is best never to leave any half-opened containers in your refrigerator or pantry. Buy small quantities of fresh produce, dairy products, vegetables, meats, eggs, grains, nuts and seeds and replenish stores frequently. As you will be shopping rather frequently for fresh produce, you will be able to produce exciting and healthy meals within minutes.

Here is an example of ten minute meals:

- Soup and sour dough bread
- Brown rice and stir fried vegetables
- Lamb and salad
- Buckwheat pancakes topped with home-made sour cream

Your Deep Freezer



A clever thing to do is to think ahead with your meals, and this is particularly important if you are a busy person. When you start the diet, set aside some time to make standard meals you consume regularly which are suitable for our purposes, or make up recipes and then go on to create your recipe book.

A good idea is to store pre-made meals or foods in your deep freezer well ahead. Be sure to clearly label the date of freezing and what the food actually is. This is very smart, because you will always have some food on hand in case on any emergency or if the unexpected arrival of guests such as family or friends catches you out.

There will also be days when you just can't be bothered to cook and just want something quick and easy, am I right? Some people will use a microwave to quickly de-frost foods, I just leave the food out overnight and re-heat in the oven the next day.

Here is an example of foods to freeze:

- Soups (perfect for quick winter meals)
- Pancakes
- Cooked rice
- Cooked quinoa, millet, etc.
- Whole meal or sourdough bread
- Casserole
- Cooked or raw chicken or beef or any meat

[Click this link](#) if you are interested in purchasing one of the most effective and comprehensive programs ever written on psoriasis.

The Psoriasis Program