

SHOPPING LIST

Vegetables

Fill your cart half full of veggies!

- Asparagus
- Basil
- Beets
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard Greens
- Cucumber
- Fennel Bulb
- Fermented Veggies
- Green Beans
- Green Onions
- Kale
- Leeks
- Onion (red)
- Parsley
- Parsnips
- Radishes
- Salad Greens
- Seaweed Sheets
- Spinach
- Spinach (frozen)
- Spring Mix
- Sprouts
- Swiss Chard
- Zucchini

*Minimize night shade vegetables such as eggplant, peppers and tomatoes.

Fruits

- Apples
- Avocado
- Blueberries
- Bananas
- Grapefruit
- Lemons
- Limes
- Watermelon

Starch

- Amaranth
- Bread (gluten free brown rice bread)
- Brown Rice
- Buckwheat
- Quinoa
- Sprouted Grains
- Sweet Potato
- Spaghetti Squash
- Tortillas

Protein

- Bison
- Chicken (dark meat)
- Eggs (organic free range)
- Edamame
- Fresh wild fish (assorted for ceviche)
- Hope Hummus
- Lentils
- Mung beans
- Wild Salmon
- Turkey (tritate free)

Fat

- Almonds
- Almond butter
- Avocado
- Avocado Oil
- Brazil Nuts
- Cashews
- Chia Seeds
- Coconut Milk
- Coconut Oil
- Coconut cream manna by Nutiva
- Coconut milk
- Flax Oil
- Flax Seeds (whole)
- Grapeseed Oil
- Hemp Seeds
- Majestic Garlic (brand)
- Macadamia Nuts
- Nuts
- Olive Oil
- Pecans
- Pistachio
- Pumpkin seeds (unsalted)
- Sesame Oil
- Tahini
- Walnuts

Dairy

- Feta cheese (goat)
- Ghee
- Mozzarella cheese (fresh)
- Raw Goat Cheese
- Whole Fat Yogurt (plain)