

# Shopping List

Fruits/Veggie
Spring Mix *
Romaine *
Kale*
Swiss Chard *
Spinach*
Red/Yellow/Orange Bell Peppers *
Carrots
Zucchini
Spaghetti Squash
Cucumber *
Broccoli
Cauliflower
Celery *
Tomatoes *
Snap Peas
Water Chestnuts
Mushrooms
Grapes *
Brussel Sprouts
Apples *
Lemons
Black Cherries *
Limes
Avocado
Asparagus
Cantaloupe
Yellow/Red Onion
Potatoes
Sweet Potatoes
Garlic Cloves
Ginger Root
Jalapenos
Asian Veggie Stir-fry Mix
Figs
Pear
Bananas

Protein
Lean Ground Turkey (90%)*
Free Range Chicken Breast/Tenders*
Wild Alaskan Salmon
Lean Grass Fed Beef
Natural Nitrite Free Turkey Slices
Tuna
Tofu
Shrimp
Wild Halibut

Eggs/Dairy
Pastured Eggs*
Plain Greek Yogurt*
Plain Kefir *
Unsweetened Almond Milk *
Unsweetened Coconut Milk *
Feta Cheese
Parmesan Cheese (Grated Or Shredded)
Mozzarella*
Milk* (Grass Fed)
Goat Milk*
Kerrygold Irish Butter

Grains/Beans/Cereal/Pasta
Brown Rice
Wild Rice
Brown Rice/Quinoa Pasta
Quinoa
Black Beans
Brown Rice Tortilla
Corn Tortilla (Gluten Free)
White/Red Kidney Beans
Edamame (Shelled Or In Pods)
Lentils
Steal Cut Oatmeal
Granola (Under 6 Grams Of Sugar)
Hummus
Whole Grain Bread

Nuts+Seeds/Snacks/Canned Goods
Raw Almonds
Sunflower Seeds
Omega 3 Trail Mix
Raw Walnuts
Pumpkin Seeds
Low Salt Pistachios
Raisins
Dried Mango (No Sugar Added)
Apple Sauce (No Sugar Added)
Fire Roasted Canned Tomatoes*
Chick Peas
Lentil Soup (Low Sodium)
Black Bean Soup (Low Sodium)
All Natural Peanut Butter
All Natural Almond Butter
Vegetable Stock (Low Sodium)
Snap Pea Crisps*
Popcorn Kernels*
Rice Cakes
Chia Seeds
Rice Crackers
Flax Meal (Ground Flax Seeds)
Kalamata Olives

Frozen Items
Mixed Berries *
Strawberries *
Blueberries *
Mango
Peas
Green Beans
Pineapple

Sauces/Spices/Oils
Extra Virgin Olive Oil*
Avocado Oil
Coconut Oil (Virgin Unrefined)
Marinara Sauce *
Low Sodium Soy Sauce*
Balsamic Vinegar
Salsa Verde (Low Sodium)
Mint
Dijon Mustard
Ginger Root
Dill
Rosemary
Garlic (Fresh Or Powder)
Italian Seasoning
Lemon Pepper
Crushed Red Pepper
Cayenne Pepper
Cumin
Turmeric
Honey*
Fresh Parsley
Fresh Cilantro
Ginger Green Tea
Cinnamon
Sparkling Water With Lime
Cacao
Garam Masala
Curry Powder
Chile Powder

Beverages
Sparkling Water
Ginger Green Tea
Pomagrante Juice
Vegetable Juice



\*This mean choose Organic if possible.