

Grocery List



Carbohydrates

Grains

- Brown Rice
- Quinoa
- Millet
- Buckwheat
- Amaranth

Beans

- Garbanzo Beans(Chick peas)
- Lentils
- Mung Beans
- Red Beans
- Kidney Beans
- Pinto Beans
- Black Beans

Tortillas/Wraps

- Organic Corn Tortillas
- Ezekiel Wraps

Fat

Unrefined Oils

- Udo's Oil
- Virgin Coconut Oil
- Olive Oil
- Flaxseed Oil
- Hemp Oil
- Sesame Oil
- Pumpkin Seed Oil

Nuts

- Almonds
- Walnuts
- Hazelnuts
- Macadamia Nuts
- Pecans
- Pistachios

Seeds

- Sunflower Seeds
- Pumpkin (Pepita) Seeds
- Hemp Seeds
- Flax Seeds
- Chia Seeds

Nut/Seed Butters

- Almond Butter
- Sesame Tahini
- Sunflower Seed Butter
- Pumpkin Seed Butter

Protein

Meat

- Wild Caught Fish
- Organic Chicken
- Organic Turkey
- Organic Beef
- Bison

Dairy

- Organic Free Range Chicken Eggs
- Organic Cheese*

Vegetables

Basic

- Asparagus
- Red Bell Peppers
- Orange Bell Peppers
- Yellow Bell Peppers
- Broccoli
- Cabbage
- Cauliflower
- Celery
- Corn
- Cucumber
- Green beans
- Mushroom
- Garlic
- Onion
- Winter squash

Root Vegetables

- Beets
- Carrot
- Parsnips
- Radishes
- Rutabaga
- Sweet Potato
- Turnip

Sea Vegetables

- Arame
- Dulse
- Hijiki/Hiziki
- Kelp
- Nori
- Wakame

Leafy Greens

- Arugula
- Bok Choy
- Chicory
- Collard Greens
- Dandelion Greens
- Kale
- Romaine Lettuce
- Mustard Greens
- Spinach
- Swiss Chard
- Watercress

*Best not to eat, but if you do buy organic.

Fruit

Sprouts/Microgreens

- Alfalfa Sprouts
- Broccoli Sprouts
- Clover Sprouts
- Radish Sprouts
- Onion Sprouts
- Sunflower Sprouts
- Pea Sprouts

Herbs

- Basil
- Oregano
- Turmeric
- Cayenne
- Chives
- Cilantro
- Dill Mint
- Oregano
- Parsley
- Rosemary
- Sage
- Tarragon
- Thyme
- Turmeric
- Ginger

Mushrooms

- Lion's mane
- Shitake
- Portobello

- Raspberries
- Blueberries
- Cherries
- Apples
- Watermelon
- Cantaloupe
- Honey Dew
- Papaya
- Oranges (With Seeds)
- Lemon
- Lime
- Grapefruit
- Avocado
- Young (Thai) Coconut Meat
- Pomegranate
- Grapes
- Bananas
- Gogi Berries
- Acai
- Noni

Salt Substitutions

- Sea Vegetables
- Celtic Sea Salt
- Himalayan Pink Salt
- Braggs Liquid Aminos
- Coconut Aminos

Sugar Substitutions

- Stevia

Other

- Braggs Apple Cider Vinegar

Drinks

- Water
- Coconut Water
- Lemon Water with Cayenne
- Herbal Tea

Juice

- Green/Veggie Juices
- Wheatgrass Shots
- Green Juice Powders (Add water)

Smoothies

- Green Smoothies (mix fruit/veggies)

Protein Drinks

- Sun Warrior Protein Powder
- Hemp Protein Powder

Probiotic Drinks

- Low sugar Kevita
- Coconut Kefir

Milk

- Almond Milk
- Coconut Milk



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