

Grocery List

Vegetables		Protein & Legumes
Kale	Alfalfa Sprouts	Tofu
Spinach	Lettuce	Edamame
Broccoli	Bok Choy	Black Beans
Brussel Sprouts	Collard Greens	Garbanzo Beans
Asparagus	Zucchini	Lentils
Cabbage	Carrots	Pinto Beans
Green Beans	Beets	
(any in-season veggie is best)		

Fats & Oils	Fruits
Raw Almonds	Bananas
Almond/Peanut Butter (no sugar added)	Blueberries
Raw Cashews	Blackberries
Coconut Oil	Raspberries
Extra Virgin Olive Oil	Mangos
Chia Seeds	Avocados
	Lemons
	Apples
	Tomatoes

Grains & "Good Carbs"	Condiments & Seasonings
Oats/Oatmeal	Siracha
Quinoa	Salsa
Brown Rice	Apple Cidar Vinegar
Whole Wheat Breads (no yeast)	Balsamic Vinegar
Rice Cakes	
Whole Wheat Tortilla	
Sweet Potatoes	
Almond Meal	

"Dairy"
Almond Milk
Coconut Milk
Coconut Milk Yogurt