

Grocery Shopping List

Produce

cabbage, celery, carrots, onion, broccoli, sweet potato, asparagus, spinach, mushrooms, potato, green beans, romaine, strawberries, pomegranate, banana, green apple

Either purchase already prepared guacamole and salsa or these ingredients to prepare it fresh: scallions, avocado, cherry tomato, cilantro, garlic, lime, red pepper, mango, jalapeno pepper

Meat

Chicken strips

Salmon

Steak

Bacon

Nuts/Seeds

sliced almonds, pumpkin seed, pecans, sunflower seeds, walnuts
1 cup almonds, sesame seed, chia seeds

raisins

almond or cashew butter

Seasonings

kelp or dulse seaweed flakes
cinnamon, parsley, bay leaf, clove, vanilla

Refrigerated Section

Butter, eggs

Almond/coconut milk

Freezer Section

Frozen fruit for smoothies

Miscellaneous

chicken broth 8 cups

red wine vinegar, oil

Dried white northern beans

Quinoa

Honey

Oatmeal

Organic tortilla chips