

Shopping List Example

Vegetables

(Rotate 3-4 weekly)

Spinach

Collard green leaf

Kale (curly and dinosaur)

Parsley all types

Nori Seaweed

Dandelion Greens

Cilantro

Alfalfa Sprouts

Celery

Carrots and tops

Beets

Fruit

Papaya

Dragon Fruit

Mango

Berries (Blueberries,
Strawberries, Raspberries Ext..)

Oranges

Figs

Dates

Bananas

Kiwi

Lemons

Sprouted Grains/Legumes

Amaranth

Buckwheat

Garbanzo Beans

Black Beans

Lentils

Millet

Wild Rice

Quinoa

Raw nuts & Seeds

Almonds

Brazilian Nuts

Walnuts

Flax Seeds

Macadamia

Pine Nuts

Hemp Seeds (Good protein. Can add
to salads, smoothies, etc.)

Chia Seeds (Good protein. Can add
to salads, smoothies, etc.)

Pumpkin Seeds

Lean Meats (Organic no hormones no antibiotics)

Wild Salmon
Eggs
Chicken
Turkey
Grass fed red meat

Drinks/Smoothies

Water (Filtered and fluoride free)
Tea (Yerba Mate, herbal)
Thai Coconut water
Green Smoothies
Fresh vegetable juice

Sweeteners-

These sweeteners are great for use in desserts, teas, smoothies, etc. (use sparingly)

Raw Honey
Palm Sugar
Raw Coconut Nectar
Stevia
Yacon Syrup
Xylitol
Munk Fruit

Superfoods/Herbs

Maca
Raw Cacao Powder
Goji Berries
Chlorella/Spirillina
Braggs Apple Cider Vinager
Raw Virgin Coconut Oil

Condiments-

High Quality Sea Salt or
Pink Himillayan Salt
Cayenne Pepper
Garlic powder