

Shopping List

FRUITS	VEGETABLES	BEVERAGES	NATURAL SWEETENERS
apples	artichokes	almond milk (unsweetened)	raw honey
apricots	acorn squash	coconut milk (unsweetened)	monk fruit extract
avocados	asparagus	green tea	stevia
bananas	beets	herbal tea	lo han
berries	bell peppers	sparkling water	pure maple syrup
grapefruit	bok choy	unsweetened cranberry juice	
grapes	broccoli		SUPPLEMENTS
kiwis	brussels sprouts	OTHER	multivitamin w/ B vitamins
lemons	cabbage	coconut flour	vitamin C
limes	carrots	shredded coconut	herbal tea w/ dandelion root
mangoes	cauliflower	tapioca flour	magnesium oxide 200–400mg
melons	celery	cinnamon	whey protein powder
nectarines/peaches	eggplant	raw apple cider vinegar	lovidia appetite control
oranges	garlic	coconut aminos	choice of fiber supplement
papayas	green beans	cocoa powder	
pears	herbs	sunflower seed butter	FATS
pineapples	jicama		extra-virgin coconut oil
plums	kale		extra-virgin olive oil
pomegranates	lettuce (all types)		full-fat coconut milk
tomatoes	mushrooms		ghee clarified butter
	parsnips/turnips		avocado oil
PROTEINS	pea pods		
eggs	peas		
chicken	sweet potatoes/yams		
turkey	pumpkin		
fish	scallions		
beef	shallots		
organic tempeh	spinach		