

SHOPPING LIST

FRUITS	VEGETABLES	VEGETABLES	SWEETENERS & SUGARS
Apples	Artichokes	Parsnips/Turnips	Honey Raw
Apricots	Acorn Squash	Pea pods	Pure Maple Syrup
Avocado	Asparagus	Peas	Stevia
Bananas	Beets	Sweet Potato/Yams	Monk Fruit Extract
Berries	Bell peppers	Pumpkin	Supplements (Optional)
Grapefruit	Bok Choy	Scallions	Multi-vitamin w/ B vitamins
Grapes	Broccoli	Shallots	Vitamin C
Kiwi	Brussel Sprouts	Spinach	<u>Herbal tea with Dandelion Root</u>
Lemons	Cabbage	Zucchini	<u>Magnesium Oxide 200 - 400mg</u>
Limes	Carrots	Beverages	Whey or Egg Protein Powder
Mangos	Cauliflower	Almond Milk (unsweetened)	<u>Garcinia Cambogia (appetite)</u>
Melons	Celery	<u>Coconut Milk (unsweetened)</u>	Fiber Choose One:
Nectarine/Peach	Eggplants	Tea - herbal	Flaxseed
Oranges	Garlic	Water - sparkling	Apple Pectin
Papayas	Green beans	Unsweetened Cranberry Juice	Psyllium
Pears	Herbs (Fresh & Dry)	Other	Acacia Fiber
Pineapple	Jicama	Cinnamon	Chia Seeds
Plums	Kale	Raw Apple Cider Vinegar	Ground Flax Seeds
Pomegranate	Lettuce (all types)	Skin Brush	<u>Belway Fiber</u>
Tomato	Mushrooms	<u>Coconut Aminos</u>	Extras
PROTEINS	FATS	Braggs Aminos	<u>Monk Fruit Sweetener</u>
Eggs	<u>Extra Virgin Coconut Oil</u>	Shredded coconut	<u>Liquid Stevia</u>
Poultry	Extra Virgin Olive Oil	Coconut flour	<u>Tapioca Flour</u> or <u>Arrowroot</u>
Beef, Lamb, Bison	Full Fat Coconut Milk	Sunflower seed butter	
Fish	<u>Ghee Clarified Butter</u>	Pumpkin or Sunflower seeds	
Tempeh	Avocado Oil	Ground ginger	

This is not an exhaustive list, it has most of the items that we use in our recipes. But feel free to add items that you may like that you don't see.