

# Grocery shopping list

\*If you can afford it try to eat everything organic, if not eating healthy things in this list is still fantastic!!

<p><b>Fruits:</b></p> <ul style="list-style-type: none"> <li>• Dragon Fruit</li> <li>• Bananas</li> <li>• Apples</li> <li>• Pineapple</li> <li>• Berries</li> <li>• Frozen Berries</li> <li>• Oranges</li> <li>• Lemons</li> <li>• Limes</li> <li>• Avocados</li> <li>• Kiwis</li> <li>• Watermelon</li> <li>• Cherries</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> </ul>	<p><b>Vegetables:</b></p> <ul style="list-style-type: none"> <li>• Celery</li> <li>• Spinach</li> <li>• Broccoli</li> <li>• Bok Choy</li> <li>• Zucchini</li> <li>• Asparagus</li> <li>• Green/Yellow/Orange peppers</li> <li>• Carrots</li> <li>• Kale</li> <li>• Alpha-alpha sprouts</li> <li>• Tomatoes</li> <li>• Cucumbers</li> <li>• Zucchini</li> <li>• Okra</li> <li>• Egg plant</li> <li>• Spaghetti Squash</li> <li>• Beats</li> <li>• Green Beans</li> <li>• Brussel Sprouts</li> <li>•</li> <li>•</li> </ul>	<p><b>Extra snacks:</b></p> <ul style="list-style-type: none"> <li>• Pumpkin seeds</li> <li>• Hemp Heart Seeds</li> <li>• Chia Seeds</li> <li>• Raw Almonds</li> <li>• Brazil Nuts</li> <li>• Free-run eggs</li> <li>• Walnuts</li> <li>• Flax seeds</li> <li>• Sea Weed</li> <li>• Sunflower seeds</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> </ul> <p>(Pre-cut vegetables, yogurt with oatmeal and berries and fruits like apples or blueberries are some of the other options you eat as snacks)</p>
<p><b>Milk Products:</b></p> <ul style="list-style-type: none"> <li>• Goat Feta cheese</li> <li>• Goat cheese</li> <li>• Greek Yogurt</li> <li>•</li> <li>•</li> </ul>	<p><b>Meats:</b></p> <ul style="list-style-type: none"> <li>• Salmon</li> <li>• Rainbow trout</li> <li>• Other fish</li> <li>• Ground beef</li> <li>• Chicken</li> <li>• Turkey</li> <li>•</li> <li>•</li> </ul>	<p><b>Beans/Grains:</b></p> <ul style="list-style-type: none"> <li>• Baby Quinoa</li> <li>• Quinoa</li> <li>• Brown Rice</li> <li>• Lentils</li> <li>• Black beans</li> <li>• Beans in general</li> <li>• Humus</li> <li>•</li> <li>•</li> </ul>
<p><b>Seasonings:</b></p> <ul style="list-style-type: none"> <li>• Onion</li> <li>• Long/green-onions</li> <li>• Leeks</li> <li>• Garlic</li> <li>• Dill (for fish or other)</li> <li>• Ginger</li> <li>• Cinnamon</li> <li>• Oregano</li> <li>• Rosemary</li> <li>• Parsley</li> <li>• Coriander</li> <li>• Mint</li> <li>•</li> <li>•</li> </ul>	<p><b>Sauces/Oils/Spreads:</b></p> <ul style="list-style-type: none"> <li>• Hot sauce</li> <li>• Soy Sauce</li> <li>• Mustard</li> <li>• Salsa</li> <li>• Virgin Olive Oil</li> <li>• Organic Cold-pressed Coconut Oil</li> <li>• Coconut/brazil-nut spread</li> <li>• Natural peanut butter</li> <li>• Honey</li> <li>• Maple Syrup</li> <li>• Organic Ketchup</li> <li>• Organic Mustard</li> <li>•</li> </ul>	<p><b>Extra:</b></p> <ul style="list-style-type: none"> <li>• Loose-leaf green tea</li> <li>• Protein Powder</li> <li>• Blue-Green algae (Spirulina and/or Aphanizomenon flosaquae)</li> <li>• Organic Soups</li> <li>• Vitamins (C, Magnesium, D, E, Glucosamine, Iron...)</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> </ul>