

For Your Grocery List

FRUITS & VEGETABLES	DAIRY & EGGS	SNACKS
Lacinato Kale	Organic Free-range Eggs	Popcorn
Baby Spinach	Kefir	Hummus
Cauliflower	Unsweetened Almond Milk	Dark Chocolate Bars
Avocados	Aged Cheddar	Dried Fruit
Organic Lemons	Yogurt	
Sweet Potatoes	Low-fat Cottage Cheese	
Bananas	Organic Cheese Sticks	PANTRY ITEMS
Apples	Sheep's Milk Ricotto	
Strawberries		Organic Virgin Coconut Oil Sea Salt
Medjool Dates		
		Local Honey
PROTEIN		Dijon Mustard
	PROTEIN	Hemp Seeds
Tofu	Canned Peaches	Almond Butter
Beef (Lean or Grass-fed)	Canned Tomatoes	
Turkey Breast	Canned Wild Caught Tuna	
Boneless Skinless	Canned Pumpkin Puree	
Chicken Breast	Canned Organic Garbanzo	Frozen Food

GRAINS

Quinoa

Farro

Oat Groats

Canned Organic Garbanzo

Beans

Canned Low-sodium Pinto

Beans

Canned Organic Black Beans

Canned Low-sodium

Tomato Salice

Canned Coconut Milk

Frozen Organic Blueberries

Frozen Edamame

Frozen Organic Potatoes

Frozen Veggies

Frozen Broccoli

Frozen Salmon