



HEALTHY and EMPOWERING LIFESTYLE STRATEGIES for **YOU**



Healthy Eating and Detox Shopping and Cooking Opportunities

Endeavor to purchase and enjoy, organic, grass-fed, nitrate and hormone-free whole foods, as often as possible.

Fresh Produce

- Avocados
- Onions
- Garlic Cloves
- Avocados
- Red onions
- Lemons
- Red Bell Peppers
- Spinach
- Fresh Cilantro
- Organic, non-GMO Tofu
- Ginger
- Scallions
- Raspberries
- Romaine Lettuce
- Kale
- Parsley
- Basil
- Cucumber
- Cherry Tomatoes
- Watercress
- Broccoli
- Brussels Sprouts
- Zucchini
- Carrots
- Daikon or white radish
- Thyme
- Winter Squash
- Root Vegetables
- Mixed Greens
- Celery
- Seaweed
- Cabbage
- Mushrooms
- Cauliflower
- Tomatoes
- Asparagus

Meats & Seafood

- Uncured Turkey Bacon
- Salmon
- Ground Bison
- Turkey Tenderloins
- Chicken Breast
- Fresh White Fish
- Ground Organic Turkey
- Shrimp
- Wild Salmon
- Roasted Turkey Breast
- Cod Filets

Oils & Spices

- Grape Seed Oil
- Sesame Oil
- Coconut Oil
- Paprika
- Garlic power
- Pepper
- Sea salt
- Onion Powder
- Cumin
- Turmeric
- Cayenne Powder
- Oregano
- Thyme
- Dried Basil
- Fennel Seed
- Chili Powder
- Sesame Seeds
- Cinnamon

Pantry Items

- Cacao Powder
- Curry Powder
- Sage
- Ginger
- Salsa
- Tomato Sauce
- Kalamata Olives
- Green Olives
- Capers
- Anchovies
- Reduced Sodium Veggie Broth
- Brown Rice Miso Paste
- Wheat-Free Tamari
- Vanilla Extract
- Lemon Juice
- Brown Mustard
- Tahini
- Brown Rice Vinegar
- Balsamic Vinegar
- Apple Cider Vinegar
- Baking Soda
- Dried Seaweed
- Almond Flour
- Walnuts
- Chopped Almonds
- Dried Seaweed
- Almond Flour

Dairy Department

- Liquid Egg Whites
- Coconut Milk
- Almond Milk
- Unsweetened Coconut Yogurt

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My vision and moment by moment goal in life is to aid ourselves and each other in making this a more joyful, inspired and empowered life experience.