Meal Prep Grocery List

APPLES



PANTRY STAPLES: Agave - Raw & Organic (Dark preferably) □ Apple Cider Vinegar (Raw, Organic, Unfiltered with the "Mother") Arrowroot Starch/Flour Aluminum Free Baking Powder Cinnamon (ground) Coconut Aminos ☐ Coconut Oil (Unrefined, Unfiltered, Cold Pressed) Coconut/Olive Oil Cooking Spray Fish Oil Ghee Gluten Free 1- to - 1 Baking Powder ☐ Honey - Raw. Organic (Local if possible) 100% Maple Syrup Olive Oil (Organic, Virgin) □ Cajun Seasoning or any other seasoning alternative that is gluten free and does not have traces of soy, wheat, or dairy. □ Unsweetened Coconut Milk (No Guar Gum, in a BPA Free Can)

HEALING FOODS LIST:

,	AVOCADOS
١	BANANAS
(CAULIFLOWER (WHOLE OR RICED)
(CELERY
(CILANTRO (FRESH OR GROUND)
(CUCUMBER
•	GARLIC
•	GINGER (ORGANIC, SLICED, IN A JAR)
١	LEMONS
1	LIMES
	LETTUCE MIX (LIKE A SPRING MIX)
	MANGOES (FRESH OR FROZEN)
(ONIONS
	PARSLEY (FRESH OR GROUND)
	PINEAPPLE (FRESH OR CHUNKS IN 100% JUICE)
•	SPINACH (FRESH)
•	SWEET POTATOES
-	THYME (FRESH OR GROUND)
-	TOMATOES (ROMA IF POSSIBLE)
	TURMERIC
	THYME (FRESH OR GROUND)
	WILD BLUEBERRIES (FRESH OR FROZEN)
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REMAINING INGREDIENTS FOR MEAI PREP RECIPES:

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