

# Grocery List

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## MEAT & FISH

- ☐ grass-fed beef
- ☐ tuna packets
- ☐ pasture-raised chicken
- ☐ pasture-raised eggs
- ☐ fresh salmon
- ☐ fresh or frozen tuna steaks
- ☐
- ☐

## FRESH PRODUCE

- ☐ berries
- ☐ melon
- ☐ citrus
- ☐ leafy greens
- ☐ orange foods
- ☐ tomatoes
- ☐ cucumbers
- ☐ mushrooms

## OILS

- ☐coconut oil – cleans&whitens teeth
- ☐ avocado oil – high heat
- ☐ olive oil – salads
- ☐ balsamic vinegar (sweet)
- ☐ raw apple cider vinegar (probiotic)
- ☐
- ☐
- ☐

## CONDIMENTS


- ☐ mustard
- ☐ fresh garlic
- ☐ fresh onion
- ☐ mustard
- ☐ real butter (NO margarine!)
- ☐ raw honey
- ☐
- ☐

## OTHER GOODS

- ☐ organic corn
- ☐spaghetti sauce (check ingredients)
- ☐ gluten free spaghetti noodles
- ☐ popcorn kernels (non GMO)
- ☐
- ☐
- ☐
- ☐

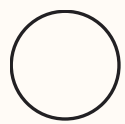
## SPICES & HERBS

- ☐ fresh basil & thyme
- ☐ turmeric
- ☐ cayenne pepper
- ☐ Himalayan salt
- ☐ black pepper grinder
- ☐ Italian seasoning
- ☐ garlic powder
- ☐ cumin



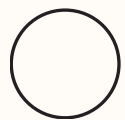
# The Why

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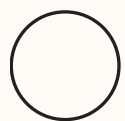
mustard – amazing healthy ingredients

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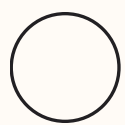
grass-fed beef – meat made from happy cows  
that eat grass and roam in pastures

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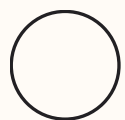
orange foods (carrots, sweet potatoes, peppers) – high in  
vitamin A important in immunity and cell division (staying  
youthful longer)

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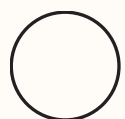
leafy greens – protects bones,  
nourishes skin and fights inflammation

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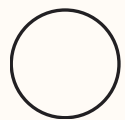
berries – antioxidants (preventing cancerous cell change)

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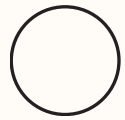
citrus – high in vitamin C for immunity and detox

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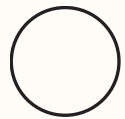
melon – its high water and electrolyte content is  
phenomenal for hydration

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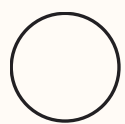
cucumber – high water content, cooling effect,  
antioxidants fight disease

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tomatoes – high in lysine to prevent cold sores ~ these are  
a nightshade, may not be suitable for everyone

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mushrooms – protects brain & immunity, prevents cellular  
damage (ie cancer & aging)

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