

Grocery List

Fruits and Vegetables:

- Apples
- Bananas
- Berries (strawberries, blueberries, raspberries)
- Leafy greens (spinach, kale, arugula)
- Broccoli
- Bell peppers
- Carrots
- Sweet potatoes
- Avocados
- Tomatoes

Whole Grains:

- Quinoa
- Brown rice
- Oats
- Whole grain bread
- Whole wheat pasta

Proteins (*Organic, Pasture-Raised, or Grass-Fed*):

- Chicken breast
- Turkey
- Salmon or other wild-caught fish
- Eggs

Dairy and Alternatives:

- Greek yogurt
- Almond milk or oat milk
- Cottage cheese

Healthy Fats:

- Olive oil
- Coconut oil
- Nuts (almonds, walnuts)
- Seeds (chia seeds, flaxseeds)

Herbs and Spices:

- Garlic
- Ginger
- Turmeric
- Basil
- Oregano

Snacks:

- Hummus
- Rice cakes
- Nut butter (almond or peanut butter)

Condiments:

- Apple cider vinegar
- Honey or maple syrup
- Low-sodium soy sauce