

MY HEALTHY GROCERY LIST

Fruits & Veggies

- ORGANIC LEMONS
- ORGANIC SPINACH
- ORGANIC CAULIFLOWER
- ORGANIC AVOCADO
- ORGANIC SWEET POTATO
- ORGANIC BANANAS
- ORGANIC APPLES
- ORGANIC BLUEBERRIES
- ORGANIC RASPBERRIES
- ORGANIC BLACKBERRIES
- ORGANIC CELERY
- ORGANIC CARROTS
- ORGANIC LETTUCE
- ORGANIC JICAMA
- ORGANIC POTATOES

Protein

- ORGANIC,, PASTURE RAISED CHICKEN
- GRASS FED/ PASTURE RAISED BEEF
- BISON
- SALMON
- ORGANIC GROUND TURKEY
- BONE BROTH

Snacks/Desserts

- ORGANIC POPCORN
- HUMMUS
- DRIED FRUIT
- SEEDS & NUTS
- SIMPLE MILLS CRACKERS
- MARY'S GONE CRACKERS
- SEAWEED
- DARK CHOCOLATE
- MEDJOOL DATES

"Dairy" & Eggs

- ORGANIC, PASTURE RAISED EGGS
- COCONUT MILK YOGURT
- LAIRD SUPERFOOD COCONUT CREAMER
- THREE SISTERS DAIRY FREE MILK

Pantry Staples

- ORGANIC OLIVE OIL
- ORGANIC COCONUT OIL
- HIMALAYAN PINK SALT
- SEA SALT
- ALMOND BUTTER
- HEMP SEEDS
- PUMPKIN SEEDS
- FLAX SEEDS
- CHIA SEEDS
- LOCAL HONEY
- COCONUT AMINOS
- ORGANIC SPICES
- ORGANIC TOMATO SAUCE
- ORGANIC MAPLE SYRUP
- BALSAMIC VINEGAR

Grains

- QUINOA
- BROWN RICE/QUINOA PASTA

Canned Foods

- ORGANIC BLACK BEANS
- ORGANIC TOMATOES
- ORGANIC GARBANZO BEANS