

# GROCERY LIST



## VEGETABLES

- Arugula
- Asparagus
- Bell Peppers
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Cucumber
- Garlic
- Jalapeño Peppers
- Kale
- Leeks
- Mushrooms
- Olives
- Onions
- Potatoes
- Spinach
- Squash
- Sweet Potatoes
- Swiss Chard
- Tomatoes
- Zucchini
- Frozen Vegetables\*
- Canned Vegetables\*
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## MEAT/SEAFOOD

- Bacon (nitrate free)
- Beef
- Bison
- Chicken
- Deli Meat (nitrate free)
- Eggs
- Halibut
- Lamb
- Mahi Mahi
- Organ Meats
- Pork
- Salmon
- Shrimp
- Scallops
- Tilapia
- Tuna
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## FRUITS

- Apples
- Avocado
- Bananas
- Berries
- Grapefruit
- Grapes
- Lemon
- Lime
- Melons
- Nectarines
- Oranges
- Peaches
- Pears
- Pineapple
- Frozen Fruit\*
- Canned Fruit\*
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## DAIRY

- Grass Fed Butter
- Organic or Raw Cheese
- Organic or Raw Milk
- Yogurt (Plain or Greek)
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## NUTS AND SEEDS

- Almonds
- Macadamia Nuts
- Nut Butters
- Pecans
- Pumpkin Seeds
- Walnuts
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## WHOLE GRAINS & LEGUMES

- Black Beans
- Brown rice
- Corn
- Lentils
- Millet
- Oats
- Quinoa
- Wild Rice
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## PANTRY STAPLES

- Almond Flour
- Applesauce
- Balsamic Vinegar
- Broth/Stock
- Canned Pumpkin
- Canned Tuna/Salmon
- Capers
- Chipotle Peppers
- Coconut Flour
- Coconut Milk
- Coconut Oil
- Coffee
- Curry Paste
- Diced Green Chiles
- Ghee
- Honey
- Hot Sauce
- Molasses
- Mustard
- Olives
- Olive Oil
- Pickles
- Roasted Peppers
- Salsa
- Shredded Coconut
- Sun Dried Tomatoes
- Tahini
- Tea
- Tomato Paste
- Cocoa Powder
- White Balsamic Vinegar
- Whole Wheat Flour
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## HERBS AND SPICES

- Basil
- Black Pepper
- Chili Pepper
- Cilantro
- Cinnamon
- Cloves
- Cumin
- Dill
- Ginger
- Mint
- Nutmeg
- Oregano
- Paprika
- Rosemary
- Salt
- Sage
- Thyme
- Turmeric
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## SNACKS/TREATS

- Dark Chocolate\*
- Dates
- Dried Fruit\*
- Fruit and Nut Bars\*
- Hummus
- Guacamole
- Jerky\*
- Raisins\*
- Salsa\*
- Seaweed Snacks
- Veggie Sticks
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\* read label carefully