## Shopping List

### Proteins
- Chicken
- Turkey
- Salmon
- Canned fish (Salmon, Sardines, Herring [not tuna])
- Eggs
- Cooked shrimp
- Tofu (or tempeh)

### Fruits
- Pomegranates
- Blueberries
- Raspberries
- Lemons
- Limes

### Nuts
- Almonds
- Walnuts
- Pecans
- Macadamia Nuts
- Nut Butters: Almond Butter, Cashew Butter, Macadamia Butter, Walnut Butter

### Healthy Fats
- Extra Virgin Olive Oil
- Walnut Oil
- Sesame Oil
- Extra Virgin Coconut Butter
- Avocado
- Tahini

### Vegetables
- Arugula
- Artichoke
- Mushrooms
- Swiss Chard
- Asparagus
- Dandelion Greens
- Mustard Greens
- Tomatoes
- Bean Sprouts
- Eggplant
- Onions
- Turnip Greens
- Beet Greens
- Endive
- Parsley
- Watercress
- Bell Peppers
- Fennel
- Radishes
- Celery
- Cucumber
- Broccoli
- Garlic
- Radicchio
- Chives
- Brussels Sprouts
- Ginger Root
- Snap Beans
- Collard Greens
- Cabbage
- Green Beans
- Snow Peas
- Jalapeño Peppers
- Cauliflower
- Hearts of Palm
- Shallots
- Kale
- Summer Squash
- Zucchini
- Spinach & Lettuce
- Jicama

### Seeds
- Hemp
- Chia
- Flax
- Pumpkin
- Sesame
- Sunflower

### Approved to Cook & Season Meals
- Coconut Oil
- Olive Oil
- Nut Butters
- Nuts & Seeds ( Hemp, Chia, Flax, Pumpkin & Sesame)
- Coconut Milk
- Unsweetened Almond Milk
- Vinegars: Balsamic, Apple Cider, Wine etc.
- Low Sodium Vegetable Broth
- Coconut Amino Acids
- Dijon Mustard
- Sea Salt & Black Pepper
- Turmeric, Cayenne, Thyme, Rosemary, Chili Powder, Cumin, Sage, Oregano, Onion Powder, Cinnamon, Coriander, Cilantro, Paprika, Parsley, Basil, Curry Spice, Dill
- Vegenaise (Small Jar)
- Sun-Dried Tomatoes (1/4 Cup)
- Tomato Sauce (One 8oz Can)