SHOPPING LIST WEEK 2

Real School's Be Healthy, Happy & Fit

GRAINS & GF PASTA	VEGGIES	NON-DAIRY	SEASONINGS, CONDIMENTS, SWEETENERS	MEAT, POULTRY & FISH
GF Spaghetti or Linguine GF Oatmeal GF Flour GF Granola Rice Flour Quinoa BEANS: Black Beans SEEDS & NUTS: Chia Flax Seeds, ground Sesame Seeds Walnuts Hemp Seeds Almond Meal PROTEIN POWDER: Vanilla BREAD: GF Buns Brown Rice Wrap	Spinach Broccoli Mushrooms Yellow Onion Carrots Cherry Tomatoes Cucumbers Radishes Cauliflower Cabbage Celery Snap Peas Sprouts Asparagus Red Bell Peppers Roma Tomato Parsley Avocados Corn Kernels, fresh or frozen Vidalia Onion Mixed Greens Cilantro Scallions Kale Jalapeño Fennel FRUIT: Bananas Blueberries Raisins Currants Lemons Lime Berries Apples	Unsweetened Almond, Coconut, Rice, or Hemp Milk Vegan Mozzarella Cheese Vanilla Coconut Yogurt NUT & SEED BUTTERS: Sunflower Seed Tahini DAIRY: Eggs Yogurt	Vanilla Extract Cardamom Powder Coconut Nectar Stevia Raw Honey Cinnamon Himalayan Pink or Celtic Sea Salt Baking Soda Baking Powder Balsamic Vinegar Coconut Oil Olive Oil Dijon Mustard GF Organic Vegetable Broth Raw Garlic Cumin Nutritional Yeast Sunflower Oil Sherry Vinegar Oregano, dried Black Pepper Thyme Tomato Sauce Italian Seasoning Ground Chipotle Cayenne Pepper Sauerkraut Kimchee Salsa	Chicken Breasts Tuna, canned Deli Meats Filet of Beef Pink Salmon