

SHOPPING LIST WEEK 3

Real School's Healthy, Happy & Fit

Grains, Pastas, Beans, Seeds & Nuts	Fruits & Veggies	Dairy-Like	Seasonings, Condiments & Sweeteners	Proteins
GRAINS & GF PASTA Quinoa GF Oatmeal GF Flour GF Granola BEANS: Black Beans SEEDS & NUTS: Flax seed, ground Pumpkin Seeds Chia Seeds Almond Meal	VEGGIES Cilantro, fresh Red Onion Corn, fresh or frozen Cherry Tomatoes Scallions Parsley, fresh Carrots Romaine Lettuce Snap Peas Spinach Sprouts Kale Avocado Cucumber Beets, canned Red Bell Pepper FRUIT: Granny Smith Apple Berries Pineapple Currants Lemons Limes Banana Goji Berries	NON-DAIRY Almond, Coconut, Rice, or Hemp Milk, Unsweetened Vanilla Coconut Yogurt NUT & SEED BUTTERS: Tahini Sunflower Seed Butter DAIRY: Eggs	SEASONINGS, CONDIMENTS, SWEETENERS Himalayan Pink or Celtic Sea Salt Baking Soda Baking Powder Coconut Oil Cacao Powder Cacao Nibs Black Pepper Cumin Olive Oil Coconut Sugar Stevia Ginger, fresh Sunflower Oil Thyme, fresh Chipotle Powder Raw Honey Turmeric Garlic Powder Apple Cider Vinegar Dijon Mustard Cinnamon Rosemary Nutritional Yeast Chili Oil	MEAT, POULTRY & FISH Boneless Chicken Breasts Coho Salmon Chicken, Turkey, or Beef Pink Salmon, canned

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 This is not intended to diagnose, treat, cure, or prevent any disease. www.paigehunter.com (c) 2014.