SHOPPING LIST WEEK 4

Real School's Be Healthy, Happy & Fit

Goodies Galore	Fruits & Veggies	Dairy-Like	Seasonings, Condiments, Sweeteners	Meat, Poultry, & Fish
GRAINS & GF PASTA: Quinoa Brown Rice GF Oatmeal GF Granola GF Macaroni Pasta BEANS: Lentils Chickpeas Black Beans SEEDS & NUTS: Chia Flax Seed, ground Sesame Seeds Pumpkin Seeds Almond Meal Walnuts PROTEIN POWDER: Vanilla BREAD/WRAPS: Brown Rice Waps	VEGGIES: Romaine Lettuce Avocados Sauerkraut Kimchee Tomato Sprouts Kale Red Bell Peppers Spinach Parsley, fresh Carrots Radishes Cauliflower Broccoli Shallot Onion Mixed Greens Cherry Tomatoes Grape Tomatoes Cucumbers Red Onion Scallions Cilantro Cabbage Black Olives Zucchini FRUIT: Blueberries Currants, dried Bananas Goji Berries Lemons & Limes Raisins	NON-DAIRY: Hemp, Almond, Oat, or Rice Milk, Unsweetened Coconut Milk Coconut Water Vanilla Coconut Yogurt Vegan Parmesan NUT & SEED BUTTERS: Almond Butter Tahini Sunflower Seed Butter DAIRY: Eggs	Coconut Sugar Raw Honey Stevia Coconut Nectar Cinnamon Himalayan Pink or Celtic Sea Salt Coconut Oil Olive Oil Sunflower Oil Chipotle Powder Vanilla Extract Dijon Mustard Black Pepper Apple Cider Vinegar Sherry Vinegar Turmeric Garlic Powder Raw Garlic Smoked Paprika Kelp Sprinkles Cumin Red Wine Vinegar Cardamom Powder Thyme, fresh Thai Red Curry Paste Ground Ginger Ground Mustard Seed Salsa	Coho Salmon Tuna, canned Boneless Chicken Breast Ground Beef Deli Meats Ground Chicken, Turkey, or Beef