

SHOPPING LIST WEEK 1

Real School's Be Healthy, Happy & Fit

Grains, Beans, Seeds & Nuts	Fruits & Veggies	Dairy-Like	Seasonings, Condiments & Sweeteners	Meat, Poultry & Fish
GRAINS: Quinoa Brown Rice Gluten Free Granola BEANS: Lentils Black beans SEEDS & NUTS: Pumpkin Hemp Chia Almonds Flax, ground Walnuts Almond meal	VEGETABLES: Spinach Mixed Greens Cherry Tomatoes Grape Tomatoes Tomatoes Cucumber Onions Red Onions Zucchini Carrots Parsley Red Bell Pepper Cilantro Scallions Shallots Cabbage Kale Baby Bella Mushrooms Romaine Avocado Jalapeño Asparagus FRUIT: Blueberries Banana Red Grapes Berries Pineapple Granny Smith Limes Lemons Goji Berries Raisins	NON-DAIRY Hemp, Almond, Oat, or Rice Milk Vanilla Coconut Yogurt Veganaise Coconut Milk Coconut Water Tofu NUT & SEED BUTTERS: Almond Sunflower Seed DAIRY: Eggs Yogurt	Coconut Sugar Raw Honey Stevia Cinnamon Himalayan Pink or Celtic Sea Salt Coconut Oil Sunflower Oil Olive Oil Curry Powder Cumin Chipotle, ground Apple Cider Vinegar Dijon Mustard Smoked Paprika Thai Red Curry Paste Ground Ginger Ginger Garlic Cloves Turmeric Ground Mustard Seed Coriander Capers Thyme Cayenne Black Pepper Lemon Zest Sauerkraut Kimchee Salsa	Ground Chicken, Beef, or Turkey Chicken Breast Pink Salmon Tuna, canned Soup Bones Deli Meat

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