

# Grocery List

## **ALWAYS READ THE LABEL!**

Do not purchase items that contains any amount of: Soy, Dairy, Yeast Extract, MSG, EDTA, Hydrogenated Oil, BHA, BHT, Sodium Nitrate/Nitrite, Sodium Benzoate, Benzoic Acid, Potassium Bromate, Food Colorings, Caramel Color, High Fructose Corn Syrup/Corn Syrup, or Aspartame.

**\*\*This is NOT a complete list of ingredients. These are some of the most common ingredients seen on labels that should be avoided.\*\***

### MEAT

	Chicken
	Grass Fed Beef Steak
	Grass Fed Ground Beef
	Packaged Tuna (in water or olive oil)
	Wild Caught Fish

### FRUIT

	Avocado
	Blackberries
	Blueberries
	Cherries
	Granny Smith Apples
	Raspberries
	Strawberries

### VEGETABLES

	Bok Choy
	Broccoli
	Carrots
	Cauliflower
	Cucumbers
	Green Beans
	Kale
	Leeks
	Lettuce
	Pea Pods
	Squash (any)
	Sweet Potatoes
	Yams
	Zucchini

### PANTRY

	<i>Oils</i> (in glass containers)
	Avocado
	Coconut (unrefined)
	Olive
	<i>Spices / Herbs</i>
	Bay Leaves
	Basil
	Celery Seed
	Cinnamon
	Cloves
	Cumin
	Dill
	Garlic (fresh or dry)
	Nutmeg
	Onion Powder
	Oregano
	Pepper Corns
	Rosemary
	Sage
	Sea Salt
	Thyme

### MISCELLANEOUS


### MEALS TO SHOP FOR
