

Grocery Shopping List

Feel free to print out weekly to make sure you are fueling first with natural foods!

Vegetables

	Cabbage	<input type="checkbox"/>	Kale	<input type="checkbox"/>	Radish	<input type="checkbox"/>	
Artichoke	<input type="checkbox"/>	Carrot	<input type="checkbox"/>	Lettuce	<input type="checkbox"/>	Rutabaga	<input type="checkbox"/>
Asparagus	<input type="checkbox"/>	Cauliflower	<input type="checkbox"/>	Lettuce	<input type="checkbox"/>	Snow Peas	<input type="checkbox"/>
Bamboo Shoots	<input type="checkbox"/>	Celery	<input type="checkbox"/>	Mixed Greens	<input type="checkbox"/>	Squash	<input type="checkbox"/>
Beets	<input type="checkbox"/>	Cucumber	<input type="checkbox"/>	Mushrooms	<input type="checkbox"/>	Spinach	<input type="checkbox"/>
Bok Choy	<input type="checkbox"/>	Eggplant	<input type="checkbox"/>	Onions	<input type="checkbox"/>	Tomato	<input type="checkbox"/>
Broccoli	<input type="checkbox"/>	Green Beans	<input type="checkbox"/>	Parsnips	<input type="checkbox"/>	Turnip	<input type="checkbox"/>
Brussel Sprouts	<input type="checkbox"/>	Jicama	<input type="checkbox"/>	Peas	<input type="checkbox"/>	Zucchini	<input type="checkbox"/>

Fruit

	Cherries	<input type="checkbox"/>	Mango	<input type="checkbox"/>	Pinneapple	<input type="checkbox"/>	
Apple	<input type="checkbox"/>	Cranberries	<input type="checkbox"/>	Nectarine	<input type="checkbox"/>	Plum	<input type="checkbox"/>
Apricot	<input type="checkbox"/>	Grapefruit	<input type="checkbox"/>	Orange	<input type="checkbox"/>	Pomegrante	<input type="checkbox"/>
Banana	<input type="checkbox"/>	Grapes	<input type="checkbox"/>	Papaya	<input type="checkbox"/>	Raspberry	<input type="checkbox"/>
Blackberry	<input type="checkbox"/>	Guava	<input type="checkbox"/>	Peaches	<input type="checkbox"/>	Rhubarb	<input type="checkbox"/>
Blueberry	<input type="checkbox"/>	Honeydew	<input type="checkbox"/>	Pear	<input type="checkbox"/>	Strawberries	<input type="checkbox"/>
Cantaloupe	<input type="checkbox"/>	Kiwi	<input type="checkbox"/>	Pinneapple	<input type="checkbox"/>	Watermelon	<input type="checkbox"/>

Fat

Avocado	<input type="checkbox"/>	Butter	<input type="checkbox"/>	Coconut Oil	<input type="checkbox"/>	Olive Oil	<input type="checkbox"/>
Avocado Oil	<input type="checkbox"/>	Cashews	<input type="checkbox"/>	Flax Seed	<input type="checkbox"/>	Peacans	<input type="checkbox"/>
Almonds	<input type="checkbox"/>	Cheese	<input type="checkbox"/>	Flax Seed Oil	<input type="checkbox"/>	Peanuts	<input type="checkbox"/>
Almond Butter	<input type="checkbox"/>	Chia Seeds	<input type="checkbox"/>	Heavy Cream	<input type="checkbox"/>	Peanut Butter	<input type="checkbox"/>

Protein

Beans	<input type="checkbox"/>	Chickpeas	<input type="checkbox"/>	Lentils	<input type="checkbox"/>	Shrimp	<input type="checkbox"/>
Beef	<input type="checkbox"/>	Cottage Cheese	<input type="checkbox"/>	Milk	<input type="checkbox"/>	Soybeans	<input type="checkbox"/>
Bison	<input type="checkbox"/>	Fish	<input type="checkbox"/>	Pork	<input type="checkbox"/>	Tempeh/Tofu	<input type="checkbox"/>
Buffalo	<input type="checkbox"/>	Ham	<input type="checkbox"/>	Protein Bar	<input type="checkbox"/>	Turkey	<input type="checkbox"/>
Chicken	<input type="checkbox"/>	Lamb	<input type="checkbox"/>	Protein Shake	<input type="checkbox"/>	Yogurt	<input type="checkbox"/>