

Shopping List

- ❖ macadamia nuts
- ❖ almonds
- ❖ dates
- ❖ flax seed
- ❖ steel cut oats
- ❖ canned pumpkin
- ❖ raw cacao
- ❖ avocados
- ❖ bananas
- ❖ apples
- ❖ berries
- ❖ melon
- ❖ popcorn
- ❖ sweet potatoes
- ❖ potatoes
- ❖ jasmine rice
- ❖ 2 pounds grass fed beef
- ❖ 2 whole chickens (pastured, organic)
- ❖ celery
- ❖ carrots
- ❖ tomatoes
- ❖ onions
- ❖ cucumbers
- ❖ raw honey
- ❖ chopped dates
- ❖ Fage (full fat) Greek Yogurt
- ❖ coconut milk (unsweetened)
- ❖ Kerrygold Butter
- ❖ Pastured Eggs
- ❖ Lacto-fermented sauerkraut
- ❖ coconut oil
- ❖ salsa
- ❖ taco shells (corn)
- ❖ salad

TOP TEN

1. **Coconut Oil (unrefined, extra virgin)**
2. Raw Honey
3. Bubbies Pickles
4. Dates
5. Avocados
6. Squeeze Packs
7. Coconut Aminos
8. Raw Cacao powder
9. Beef Gelatin
10. Canned Pumpkin