

HOME QUIDE – GROCERY LIST

REMEMBER "CLEAN FOODS, COST LESS"!

- 1. You eat less, because you get full with less food.
- 2. Food release takes longer, so you don't snack as much until the next meal.
- 3. They do not cause inflammation.

(Write in pencil so you can erase, using the same list & adding your own healthy options according to your menus)

to your menus)						
	A'OPTION	B' OPTION	I NEED	HAVE	TO BUY	
DAIRY PRODUCTS						
	Cottage cheese	Goat cheese				
	Guda (shredded)	Other cheese				
	Amond milk	Coconut milk				
	Cream Cheese	Cottage cheese				
	Eggs	Ricotta				
	Coconut milk	Protein				
	Yogurt	Protein				
	Kefir	Protein				
	Mozzarella	Goat cheese				
	Parmezan	Shredded				
	Goat Cheese	mixed				
	Rice Milk	Almond Milk				
	Goat Milk	Cottage				
		8-				
		FRUITS				
		IROIIS				
	Blueberries	FROZEN				
	Grapefruit	11102211				
	Mango					
	Raspberries	Frozen				
	Avocado	1102011				
	Pineapple	MELON				
	Pear	Apples				
	Kiwi	пррисо				
	Plums					
	Watermelon	Pineapple				
	Tangerines	Тисарыс				
	Apples	Pears				
	Bananas					
	Melon	Watermelon				
	Orange	accimeron				
	Green Apples	Red Apples				
	Strawberries	Berries				
	Seasonal fruits	2011103				
VEGETABLES						
	Ginger	laska				
	Onions	leeks				



T -	1	<u> </u>		1
cucumber				
Dill				
Basil				
Sprouts				
Sweat potatoes				
Spearmint				
Carrots				
Red Onions	Onions			
Red cabbage				
Coriander				
Pumpkin	Zucchini			
Zucchini	Zucciiiii			
Cauliflower	Seasonal			
	Seasonai			
Green Onions				
Lime	Lemons			
Cabbage	Red Cabbage			
Leomons	Lime			
Parsley				
Mushrooms	Any type			
(pleurous)				
Mushrooms	Any type			
(Portobello)				
Fennel				
Lettuce				
Mint (leaves)				
Broccoli	Seasonal			
Tomatoes	CherryTomatoes			
Cherry Tomatoes				
Beets				
Potatoes				
Red Peppers				
Green Peppers				
Greens	Variety			
Leek	variety			
Arugula				
Celery				
Sescula				
Garlick				
Spinach				
Asparagus	Glass vase			
Dandelion				
	FROZEN		1	
Artichokes	INOLLIN			
Peas				
Berries				
Shrimps				
 Corn				



MEAT	Γ (plant-Fed mea	nt)	
Ground Turkey	Lean Beef		
Chicken	Lean Deel		
Beef	Turkey		
2001	1 411109		
	COLD CUTS		l l
Turkey Bacon			
Turney Bucon			
FIS	SH (open see)		
Wild Salmon			
Tuna (in water)			
Any Fish			
	SEE FOOD		
Shrimps	frozen		
	SPICES		
Ginger			
Black Peppe			
Himalaya Salt			
Vanila extract			
Basil			
 Cloves			
Rosemary			
Thyme			
 Cinnamon			
Cardamom			
Curry Turmeric			
Onions			
Cumin			
Fennel			
Mint			
Nutmeg			
Mustard			
Chicken Spice*	*without salt		
Bukovo			
Paprika			
Cayenne Pepper			
Oregano			
Garlic			
Pepper Seeds			
Chili			
	1		



MEVIC	AN – HOT SAU	CES	
Salsa Mexican	AN - NUT SAU	CES	
 Saisa Mexican Soy Sauce	Tamari		
Tabasco Sauce	Tamari		
Tabasco Sauce			
DDINKS (SWEE	L ETENERS, SEEDS, CH	OCOLATES)	
DITIVIS (SWEI	e i eners, seeds, cir	OCOLATES	
Cranberry Juice			
Maca			
Stevia			
Coconut Sugar			
Cacao 100%			
Peppermint candies	optional		
Agave Syrup			
Pine Cones			
Flax Seeds	Ground		
Dark			
Chololate.72%+			
Thyme Honey			
Coconut Water	Coconut flakes		
Apple sauce	Without sugar		
Hemp Seeds			
Chia Seeds			
Chocolate Chips			
Coconut Flakes			
Tea			
(without caffeine)			
Dandelion tea			
Collagen powder			
Organic Coffee			
	OILC		
01' 0''	OILS	I	
Olive Oil			
Olives			
Coconut Oil			
 MCT oil			
	LACCUACEC		
	LASS VASES	1	
Pesto	Dogwyt best		
Almond Butter	Peanut butter		
Sweet Vinegar			
Red Wine			
Tomato Juice			
ACV (unfiltered)			
Mild Mustard			



TT - 1 N/L - 1 3	D			
Hot Mustard	Dijon			
Dry Sherry	Wine			
Wine Vinegar	Dry Sherry			
Balsamic Vinegar				
Asparagus				
Tahini				
Red Peppers				
Olives				
PACKAGING (1	legumes, cere	als, pasta)		
Granola				
Amaranth				
Oat Flakes				
Cannellini beans				
Pasta Glute free				
Whole wheat rice	Quinoa, spaghet			
Quinoa	C. J., J. Fugues			
Spaghetti	Quinoa			
Pilaf	Quinoa			
Chicken Peas				
Lentils				
Beans				
Black Beans	Kidney beans			
Diack Dealis	maney beams			
	MUTC			
Drogil Nuts	NUTS		l	
Brazil Nuts				
 Raspberries				
Almonds				
Plums				
Coconut flakes				
Cochange				
Cashews				
Mix nuts				
Pecan				
Raisins				
Figs				
Macadamia				
Sunflower Seeds				
Pumpkin Seeds				



BDEVD	FLOUR (glute	n free)				
Wheat Flour	Buckwheat					
Dinkel/spelt	Buckwheat					
Baking Powder	No aluminum					
Pita/ Tortilla						
Almond						
Coconut						
Flax Seeds	grounded					
Psyllium Husk						
Nutritional Yeast						
Ezekiel Bread						
Ezekiel Wraps						
	DDOTEING					
Vanilla	PROTEINS Chia Seeds					
Chocolate	Chia Seeds					
Mesquite powder	cina secus					
Lucuma powder						
Amino Amino -						
organic - Vegan						
organic regan						
	OTHER					
Plastic Ziper bags	Small					
Plastic Zipper Bags	Big					
Skewer Sticks						
<u> </u>						
<u> </u>						
	+	1				
KITCHEN CLEANERS						
Napkins	- CALIFICATION					
BATHROOM CLEANERS						
Toilet Paper						
Detergents						



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LifoV	Vove DATCHE	ıc.			
	Vave PATCHE	3	1		
Glutathione					
(toxins-cell protect)	A1. 11.				
Carnosine	Alavida				
(cell repair)	Alavida				
Aeon (inflammation)	Alaviua				
Energy Enhancer					
(Energy & cell voltage Balance)					
Ice -Wave	Aeon				
(Pain Management)	neon				
Silent Night	Carnosine,				
(Sleep-Melatonin)	Alavida, Aeon			<u> </u>	
SP6(hormones/appetite					
control)					
X49 - STEM CELLS					
(head, heart, muscles)					
X39 - STEM CELLS					
(Whole body)					
Alavida Trio					
(Skin, oxidative stress)	Aeon				
NIRVANA System (depression)	Aeon				
SHINE & DREAM	Sp6				
(Hormones)	Spo				
(mormones)					
CII	PPLEMENTS				
	FFLEMENTS	T	I		
COPPER (chelated) For X39					
ALANINE					
For Vegan with X49					
Vitamin C			1		
Magnesium					
Alpha Lipoid Acid	Optional				
Vitamin D	Optional				
	Optional	1			
Omega 3 oils			1		
TOOLS					
	10010				
Chung min					
 Strong mixer					
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