

HOME GUIDE – 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)

	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			
FRUITS					
	Blueberries	FROZEN			
	Grapefruit				
	Mango				
	Raspberries	Frozen			
	Avocado				
	Pineapple	MELON			
	Pear	Apples			
	Kiwi				
	Plums				
	Watermelon	Pineapple			
	Tangerines				
	Apples	Pears			
	Bananas				
	Melon	Watermelon			
	Orange				
	Green Apples	Red Apples			
	Strawberries	Berries			
	Seasonal fruits				
VEGETABLES					
	Ginger				
	Onions	leeks			

MEAT (plant-Fed meat)					
	Ground Turkey	Lean Beef			
	Chicken				
	Beef	Turkey			
COLD CUTS					
	Turkey Bacon				
FISH (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				

MEXICAN - HOT SAUCES					
	Salsa Mexican				
	Soy Sauce	Tamari			
	Tabasco Sauce				
DRINKS (SWEETENERS, SEEDS, CHOCOLATES)					
	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				
OILS					
	Olive Oil				
	Olives				
	Coconut Oil				
	MCT oil				
GLASS VASES					
	Pesto				
	Almond Butter	Peanut butter			
	Sweet Vinegar				
	Red Wine				
	Tomato Juice				
	ACV (unfiltered)				
	Mild Mustard				

	Hot Mustard	Dijon			
	Dry Sherry	Wine			
	Wine Vinegar	Dry Sherry			
	Balsamic Vinegar				
	Asparagus				
	Tahini				
	Red Peppers				
	Olives				
PACKAGING (legumes, cereals, pasta)					
	Granola				
	Amaranth				
	Oat Flakes				
	Cannellini beans				
	Pasta Glute free				
	Whole wheat rice	Quinoa, spaghet			
	Quinoa				
	Spaghetti	Quinoa			
	Pilaf				
	Chicken Peas				
	Lentils				
	Beans				
	Black Beans	Kidney beans			
NUTS					
	Brazil Nuts				
	Raspberries				
	Almonds				
	Plums				
	Coconut flakes				
	Coconuts				
	Cashews				
	Mix nuts				
	Pecan				
	Raisins				
	Figs				
	Macadamia				
	Sunflower Seeds				
	Pumpkin Seeds				

BREAD - FLOUR (gluten free)					
	Wheat Flour Dinkel/spelt	Buckwheat			
	Baking Powder	No aluminum			
	Pita/ Tortilla				
	Almond				
	Coconut				
	Flax Seeds	grounded			
	Psyllium Husk				
	Nutritional Yeast				
	Ezekiel Bread				
	Ezekiel Wraps				
PROTEINS					
	Vanilla	Chia Seeds			
	Chocolate	Chia Seeds			
	Mesquite powder				
	Lucuma powder				
	Amino Amino - organic - Vegan				
OTHER					
	Plastic Ziper bags	Small			
	Plastic Zipper Bags	Big			
	Skewer Sticks				
KITCHEN CLEANERS					
	Napkins				
BATHROOM CLEANERS					
	Toilet Paper				
	Detergents				

LifeWave PATCHES					
	Glutathione (toxins-cell protect)				
	Carnosine (cell repair)	Alavida			
	Aeon (inflammation)	Alavida			
	Energy Enhancer (Energy & cell voltage Balance)				
	Ice -Wave (Pain Management)	Aeon			
	Silent Night (Sleep-Melatonin)	Carnosine, Alavida, Aeon			
	SP6(hormones/appetite control)				
	X49 - STEM CELLS (head, heart, muscles)				
	X39 - STEM CELLS (Whole body)				
	Alavida Trio (Skin, oxidative stress)				
	NIRVANA System (depression)	Aeon			
	SHINE & DREAM (Hormones)	Sp6			
SUPPLEMENTS					
	COPPER (chelated) For X39				
	ALANINE For Vegan with X49				
	Vitamin C				
	Magnesium				
	Alpha Lipoid Acid	Optional			
	Vitamin D	Optional			
	Omega 3 oils				
TOOLS					
	Strong mixer				