**SHOPPING LIST**

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| **MEAT**  Beef  Chicken  Pork  Turkey  **fish and seafood**   * Cod * Salmon   **GRAINS/PROTEIN**   * Brown Rice * Lentils   **SEEDS AND NUTS**   * Almonds * Cashews * Pumpkin Seeds * Sunflower Seeds   **CONDIMENTS/OILS**   * APPLE CIDER VINEGAR * HONEY * LEMON JUICE * MUSTARD * TOMATO SAUCE | **VEGETABLES**   * Brocoli * Brussels Sprouts * Cabbage * Carrots * Cauliflower * Cucumber * Ginger * Green Beens * Lettuce * Parsley * Peppers * Potatos * Pumpkins * Radishes * Spinach * Tomatoes * Turnips   **DAIRY**   * Milk * Eggs * Yoghurt | **FRUIT**   * Apples * Berrys * Grapes * Lemons * Oranges * Pears * Pineapple * Plums   **OTHER**   * Shampoo |