**SHOPPING LIST**

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| **MEAT**BeefChickenPorkTurkey**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
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