



Fruits & Vegetables

- ☐ Lacinato Kale
- ☐ Baby Spinach
- ☐ Cauliflower
- ☐ Broccoli
- ☐ Avocados
- ☐ Organic Lemons
- ☐ Sweet Potatoes
- ☐ Bananas
- ☐ Apples
- ☐ Strawberries
- ☐ Grapes
- ☐ Cucumber
- ☐ Carrots
- ☐ Garlic
- ☐ Onion
- ☐ Tomatoes

Protein

- ☐ Beef (Lean or Grass-fed)
- ☐ Turkey Breast
- ☐ Boneless Skinless Chicken Breast

Dairy & Eggs

- ☐ Organic Free-range Eggs
- ☐ Non-dairy milk
- ☐ Yogurt

Canned Foods

- ☐ Canned Wild Caught Tuna
- ☐ Canned Lentils
- ☐ Canned Organic Beans
- ☐ Canned Chickpeas
- ☐ Canned Low-sodium Tomato Sauce
- ☐ Canned Coconut Milk

Snacks

- ☐ Popcorn
- ☐ Hummus
- ☐ Dark Chocolate Bars
- ☐ Dried Fruit

Pantry Items

- ☐ Organic Virgin Coconut Oil
- ☐ Sea salt
- ☐ Local Honey
- ☐ Dijon Mustard
- ☐ Non-dairy Butter

Frozen

- ☐ Frozen Organic Berries
- ☐ Frozen Organic Potatoes
- ☐ Frozen Veggies
- ☐ Frozen Broccoli
- ☐ Frozen Salmon