

GET READY, GET SET... GO SHOPPING!

When you are shopping at the grocery... remember to do 90% or more of your shopping on the outer perimeter! Think FRESH, whole foods! If you can shop at the farmers market, that's even better!

LOTS of veggies & fresh fruits (don't forget lemons)
Frozen Fruits (for smoothies)
Quinoa
Raw buckwheat (not kasha, it's roasted)
Brown rice
Chia
Lentils, garbanzos, kidney beans, white beans, black eyed-peas...
Gluten free pasta
Oats
Almond, Oat, Coconut milk
Dairy-free butter and cheese
Miso (organic, chickpea)
Mung beans
Spouts (growing your own is best)
Sprouting seeds (*Susan is going to talk about this lots more*)
Raw seeds (pumpkin, sesame, sunflower, etc).
Raw nuts (almonds, pecans, walnuts, mac nuts...)
Organic Almond Butter
Garlic
Ginger
Favorite herbs
Celtic Salt, seaweed, kelp, dulce (get the kind in a shaker for the table)
Organic Stevia
Tamari
Braggs Liquid Aminos
Bitchin' sauce
Avocados
Cocoa nibs
Olives
Kim chee, sauerkraut
Tofu or plant-based meat substitute like (Beyond Burger)
Veggie Burgers
Almond, Rice, Cassava, Coconut, and/or Seaweed (for wraps)
Gluten-free and sprouted grain breads
Tea, lots of TEA!
Dandy Blend or Teecino (coffee substitute)
Figs, Dates, Apricots
Potatoes

Keep adding to the list...