



Shopping List

Pantry

AutophaTea
Green tea
Earl grey tea
Bergamot oil extract
Coconut oil
Tea seed oil
Sesame oil
Gluten free tamari or Coconut Aminos
Sherry vinegar
Raw apple cider vinegar
Maple syrup
Mayonnaise-Avocado - based
Ground Coffee
Miso paste
Vegetable stock/broth
(look for a brand without
"yeast" extract)
Beef broth
Quinoa
Quinoa Pasta
Chickpea flour
Chickpeas
Chia seeds
Rice (brown or black)
Whole grain rice cakes
Unsweetened nut butter -
peanut or almond
Canned tomatoes (crushed)
Capers
Green olives

Sunflower seeds
Sesame seeds
Macadamia nuts
Mirin
Raw honey
Dijon mustard
Balsamic vinegar
Dark chocolate (70% cacao)
Semi sweet chocolate chips
Extra virgin olive oil
Pitted black olives
Salsa
Dulse flakes
Black turtle beans
Sundried tomatoes
Tahini paste
Walnuts
Puffed brown rice cereal
Wooden skewers

Alcohol

Wine
Beer

Herbs/Spice

Basil-fresh and dried
Bay leaf
Black pepper
Cayenne
Cinnamon sticks

Cinnamon powder
Cummin
Curry powder
Chives
Cilantro-fresh
Dill-fresh and dried
Garlic - fresh and powder
Ginger-fresh root and dried
Mint-fresh
Oregano-fresh and dried
Parsley-fresh
Red pepper flakes
Rosemary-fresh
Sea salt
Trehalose
Thyme-fresh and dried
Turmeric

Fruit

Apples
Avocados
Berries - fresh
Blueberries (frozen)
Grapefruit
Lemons
Limes
Pears
Tomatoes
and cherry tomatoes
Strawberries



Shopping List

Dairy & Dairy Alternatives

Almond milk, unsweetened
Coconut milk, full fat
Butter or ghee
Cheddar cheese
Greek yogurt
Parmesan cheese
Whole milk mozzarella Cheese
Whole milk Feta cheese
Whole milk goat cheese

Powerphenols

Resveratrol Trans (250mg capsules)
Organic curcumin (500 mg capsules)
Berberine (500 mg capsules)
EGCG (300 mg capsules)

Proteins

Bacon
Boneless chuck steak
Ground beef
Chicken thighs
Eggs
Pork Tenderloin
Ground sausage

Sliced ham
Wild salmon (fillet and canned)
Cold Smoked salmon or Lox
Shrimp
Turkey (Ground and sliced)

Vegetables

Asparagus
Artichoke hearts
Arugula
Bell peppers
Broccoli
Broccoli sprouts
Brussels sprouts
Cabbage (red)
Carrots
Cauliflower
Celery
Cucumber
Eggplant
Jalapeno
Kale
Kimchi
Lettuce-romaine, butter, mixed spring
Mushrooms-shiitake & crimini
Olives
Onion
Sauerkraut
Scallions
Spinach

Spaghetti squash
Sweet potatoes
Swiss chard
Zucchini

Beauty Ingredients

Caffeine* (Ground coffee)
Ceramides* (Wheat germ)
Trehalose*
Polyphenols* (Green Tea)
Epsom Salt
Dry brush

*also found in pantry,
fruits and vegetables