

Grocery Shopping List - Week Three

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| <input type="checkbox"/> Sweet potatoes | <input type="checkbox"/> Red or brown miso paste | <input type="checkbox"/> Peanut oil or dark sesame oil |
| <input type="checkbox"/> Kale | <input type="checkbox"/> Vegetable, chicken broth or
bouillon (no msg) | <input type="checkbox"/> Coriander |
| <input type="checkbox"/> Brown Rice | <input type="checkbox"/> Green or brown lentils | <input type="checkbox"/> Thyme |
| <input type="checkbox"/> Acorn squash | <input type="checkbox"/> Raw almonds | <input type="checkbox"/> Ground black pepper |
| <input type="checkbox"/> Organic salad greens | <input type="checkbox"/> Raw walnuts | <input type="checkbox"/> Red pepper chili flakes |
| <input type="checkbox"/> Tomatoes | <input type="checkbox"/> Eggs | <input type="checkbox"/> Chili powder |
| <input type="checkbox"/> Onions | <input type="checkbox"/> Ezekiel bread | <input type="checkbox"/> Cumin |
| <input type="checkbox"/> Organic spinach or frozen | <input type="checkbox"/> Organic, rice or almond milk | <input type="checkbox"/> Cinnamon |
| <input type="checkbox"/> Beet greens or swish chard | <input type="checkbox"/> Organic butter | <input type="checkbox"/> Oregano |
| <input type="checkbox"/> Ginger root | <input type="checkbox"/> Granola | <input type="checkbox"/> Cayenne pepper |
| <input type="checkbox"/> Leeks | <input type="checkbox"/> Green tea | |
| <input type="checkbox"/> Garlic | <input type="checkbox"/> Peanut or almond butter | |
| <input type="checkbox"/> Cilantro | <input type="checkbox"/> Ghee | |
| <input type="checkbox"/> Organic celery | <input type="checkbox"/> Freshly grated parmesan
cheese | |
| <input type="checkbox"/> Extra large bag of carrots | <input type="checkbox"/> Frozen corn | |
| <input type="checkbox"/> Lemons | <input type="checkbox"/> Salsa | |
| <input type="checkbox"/> Parsley | <input type="checkbox"/> Corn chips or taco shells | |
| <input type="checkbox"/> Bananas | <input type="checkbox"/> Extra virgin olive oil (unrefined) | |
| <input type="checkbox"/> Avocado | <input type="checkbox"/> Tamari, soy sauce or Bragg's
liquid | |
| <input type="checkbox"/> Extra firm tofu | <input type="checkbox"/> Molasses, unsulphered | |
| <input type="checkbox"/> Dark brown sugar | | |
| <input type="checkbox"/> 15 oz. can of salmon (wild) | | |
| <input type="checkbox"/> Panko | | |