

## Grocery Shopping List - Week Six

- Organic potatoes
- Organic carrots
- Organic celery, spinach or kale
- Lemons or Limes
- 2 Organic red peppers
- Cilantro
- Organic romaine or mixed salad greens
- Tomatoes
- Onions
- Garlic
- Parsley
- Bananas
- Ginger
- Scallions
- Mint
- Bok choy
- Broccoli
- Eggs
- Ezekiel bread
- Brown rice
- Granola
- Green tea
- Peanut or almond butter
- Ghee
- Organic butter
- Organic milk, rice or almond milk
- Extra firm tofu
- 2 28 oz whole tomatoes
- 1 Can cannellini beans
- Tamari
- Vegetable flavoring, no MSG
- Extra virgin olive oil (unrefined)
- Coconut or peanut oil
- Can of coconut milk
- Red curry paste
- Can chicken broth
- Tomato paste
- Organic spices (not irradiated)
- Bay leaves
- Dried basil
- Red pepper flakes
- Saffron
- Grains
- Quinoa
- Pasta preferably brown rice
- Use up fresh cilantro, mint, parsley etc. in raw salads, don't throw out!