

Grocery Shopping List - Week Twelve

- 1 Bunch fresh spinach
- Shitake mushrooms
- Parsley
- Bunch of beets with tops
- Scallions
- Ginger root
- Limes
- Potatoes
- Leeks
- Organic carrots
- Organic celery
- Lemons
- Organic romaine or mixed greens
- Organic tomatoes
- Garlic
- Bananas
- Eggs
- Ezekiel bread
- Whole wheat bread
- Brown rice
- Granola
- Green tea
- Peanut or almond butter
- Ghee
- Blue, gorgonzola or feta cheese
- Organic butter
- Organic, rice or almond milk
- Raw walnuts
- Sesame seeds
- Cold pressed peanut oil
- Miso paste
- Tamari sauce
- Extra virgin olive oil
- Bragg's liquid Aminos
- Vegetable or chicken broth
- Mirin
- Honey
- Cold pressed sesame oil
- Wasabi paste
- Rice wine vinegar
- Bay leaf
- Cumin
- Thyme
- Sea salt
- Optional small whole organic chicken
- Wild caught tuna steaks (ingredients for bonus desserts and snack recipes not on this list, must add if making recipes)