



THE FAMILY PLAN *Shopping List*

PROTEINS

- CHICKEN
- TURKEY
- SALMON
- CANNED FISH (SALMON, SARDINES, HERRING [NOT TUNA])
- EGGS
- COOKED SHRIMP
- TOFU (OR TEMPEH)

FRUITS

- POMEGRANATES
- BLUEBERRIES
- RASPBERRIES
- LEMONS
- LIMES

NUTS

- ALMONDS
- WALNUTS
- PECANS
- MACADAMIA NUTS
- NUT BUTTERS:
 - ALMOND BUTTER
 - CASHEW BUTTER
 - MACADAMIA BUTTER
 - WALNUT BUTTER

VEGETABLES

- ARUGULA
- ARTICHOKE
- MUSHROOMS
- SWISS CHARD
- ASPARAGUS
- DANDELION GREENS
- MUSTARD GREENS
- TOMATOES
- BEAN SPROUTS
- EGGPLANT
- ONIONS
- TURNIP GREENS
- BEET GREENS
- ENDIVE
- PARSLEY
- WATERCRESS
- BELL PEPPERS
- FENNEL
- RADISHES
- CELERY
- CUCUMBER
- BROCCOLI
- GARLIC
- RADICCHIO
- CHIVES
- BRUSSELS SPROUTS
- GINGER ROOT
- SNAP BEANS
- COLLARD GREENS
- CABBAGE
- GREEN BEANS
- SNOW PEAS
- JALAPEÑO PEPPERS
- CAULIFLOWER
- HEARTS OF PALM
- SHALLOTS
- KALE
- SUMMER SQUASH
- ZUCCHINI
- SPINACH & LETTUCE
- JICAMA

HEALTHY FATS

- EXTRA VIRGIN OLIVE OIL
- WALNUT OIL
- SESAME OIL
- EXTRA VIRGIN COCONUT BUTTER
- AVOCADO
- TAHINI

SEEDS

- HEMP
- CHIA
- FLAX
- PUMPKIN
- SESAME
- SUNFLOWER

APPROVED TO COOK & SEASON MEALS

- COCONUT OIL
- OLIVE OIL
- NUT BUTTERS
- NUTS & SEEDS (HEMP, CHIA, FLAX, PUMPKIN & SESAME)
- COCONUT MILK
- UNSWEETENED ALMOND MILK
- VINEGARS: BALSAMIC, APPLE CIDER, WINE ETC.
- LOW SODIUM VEGETABLE BROTH
- COCONUT AMINO ACIDS
- DIJON MUSTARD
- SEA SALT & BLACK PEPPER
- TURMERIC, CAYENNE, THYME, ROSEMARY, CHILI POWDER, CUMIN, SAGE, OREGANO, ONION POWDER, CINNAMON, CORIANDER, CILANTRO, PAPRIKA, PARSLEY, BASIL, CURRY SPICE, DILL
- VEGENAISE (SMALL JAR)
- SUN-DRIED TOMATOES (1/4 CUP)
- TOMATO SAUCE (ONE 8OZ CAN)

