

VEGETABLES	Qty.	FRUIT	Qty.	STAPLES	Qty.
Spinach/Kale		Apples		Apple Cider Vinegar	
Broccoli		Oranges		Tomato Sauce/Paste	
Peppers		Apricots		Honey	
Green Beans		Banana		Lemon Juice	
Mushrooms		Berries		Soy Sauce	
Carrots		Grapefruit		Broth	
Sweet Potato/Yams		Melon		Coffee	
Salad Greens				Tea	
Onions					
Eggplant					
Cucumbers		GRAINS			
Celery		Brown Rice			
Tomatoes		Oatmeal			
Avocado		Lentils			
Olives		Quinoa		SEASONINGS	
		Whole Wheat Pasta		Sea Salt	
MEAT/FISH		Multigrain Bread		Pepper	
Chicken				Parsley	
Beef				Garlic	
Pork		OILS/DRESSINGS		Ginger	
Salmon		Olive Oil			
Tuna		Coconut Oil			
Shrimp		Butter			
DAIRY/EGGS/BUTTER				HOUSEHOLD ITEMS	
Whole Milk		NUTS			
Plain Greek Yogurt		Walnuts			
Eggs		Cashews			
Cottage Cheese		Pecans			
Fresh Cheeses		Almonds			

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