

## Refrigerator

### Produce:

Greens for salads: romaine lettuce, baby lettuce, spinach, arugula, etc.

Veggies for munching: carrots, tomatoes, cabbage, cucumbers, and zucchini

Veggies for cooking: broccoli, squash, asparagus, Brussels sprouts, garlic, beets, green beans, and any other vegetable you like.

Berries of all kind

### Dairy:

Raw Cheese: Raw Goat Cheese, Raw Cow Cheese

Feta

Organic Real Unsalted Butter

Real Mayonnaise or Grape seed

Veganise

Pacific Brand Hemp Milk

Plain Greek Yogurt

### Meats:

Eggs

### Other:

Quinoa

Buckwheat

Amy's Organic Horse Radish Mustard

Salsa (no sugar added)

## Freezer

### Meats:

Chicken tenders or breasts

Turkey and other poultry

Lean Red Meat like Buffalo

## Flounder

## Salmon

### Desserts:

80% dark chocolate

### Counter Top Produce:

Sweet Potatoes or Yams

Avocados

Lemons

Green Apples

Grapefruit

Tomatoes

### Cupboard

Unsweetened Chocolate Almond Milk

Pacific Brand Hemp Milk

Raw Cocoa Powder

Coconut Oil

Stevia

Herbal teas

Marinara Sauce

Liquid Aminos or Soy Sauce

Herbs and Seasoning: basil, parsley, cilantro, garlic, onion, sea salt, pepper,

lemon pepper, cayenne pepper,

turmeric, and cinnamon