

Healing

MEAL IDEAS FOR THE WEEK

GROCERY LIST

MEAT AND FISH

- ☐ Grass-Fed Steak
- ☐ Wild Caught Salmon
- ☐ Large Eggs
- ☐ 3 to 4 lb Whole Chicken
- ☐ Boneless Chicken Breast

DAIRY/NON-DAIRY

- ☐ Non-Dairy Milk
- ☐ Organic Yogurt
- ☐ Unsalted Butter

PANTRY STAPLES

- ☐ Olive Oil
- ☐ Raw Sunflower Seeds
- ☐ Unsweetened Shredded Coconut
- ☐ Chia Seeds
- ☐ Coconut flour
- ☐ Gluten-Free All-Purpose Flour
- ☐ Rice Noodles
- ☐ Quinoa
- ☐ Canned Diced Tomatoes with Green Chili
- ☐ Canned Pumpkin Puree
- ☐ Chunky Salsa
- ☐ Broth (Vegetable/Chicken)
- ☐ Raw Sugar
- ☐ Baking Powder
- ☐ Vanilla Extract
- ☐ Honey Mustard
- ☐ Fish Sauce
- ☐ Tamari (Gluten-Free Soy Sauce)
- ☐ Maple Syrup or Raw Honey

HERBS & SPICES

- ☐ Chili powder
- ☐ Cumin
- ☐ Sea salt
- ☐ Black pepper
- ☐ Paprika
- ☐ Cinnamon
- ☐ Ginger
- ☐ Turmeric
- ☐ Italian Seasoning
- ☐ Oregano
- ☐ Lemongrass Stick
- ☐ Chili Sauce
- ☐ Ginger Root
- ☐ Onion Salt

PRODUCE

- ☐ Bell Peppers
- ☐ Jalapeños
- ☐ Avocados
- ☐ Onion, Yellow
- ☐ Fresh Blueberries
- ☐ Lemon (Slices/Juice)
- ☐ Red Cabbage
- ☐ Spaghetti Squash
- ☐ Butternut or Acorn Squash
- ☐ Beets
- ☐ Carrots
- ☐ Limes (Slices/Juice)
- ☐ Celery
- ☐ Head of Cauliflower & Florets
- ☐ Cherry Tomatoes
- ☐ Scallions
- ☐ Garlic Cloves
- ☐ Cilantro