



Shopping List for Beet Kvass One Day Menu

Fruit	Vegetables	Fermented Foods
Lemon or Lime Banana Apple Mango	Carrots Broccoli Green Onion Romaine Lettuce Carrots Roasted Red Peppers Tomatoes Spinach Cucumber	Beet Kvass Balsamic Vinegar Black Olives Apple Cider Vinegar

Grains and Legumes	Nuts and Seeds	Seasonings
Whole Bread (choose gluten-free if needed) Whole Grain Cereal Whole Wheat or Brown Rice Spaghetti Noodles	Almonds	Parsley Sea Salt Black Pepper Chili Flakes Garlic Ginger Oregano

Sweeteners	Protein	Fats and Oils
Raw Honey Maple Syrup	Chicken Breast Egg	Olive Oil

Dairy or Substitutes
Whole Milk, Preferably organic, or milk alternative Raw Milk, Aged Cheddar or Non-Dairy Alternative