



Shopping List for Cultured Vegetables One Day Menu

Fruit	Vegetables	Fermented Foods
Lemon or Lime Orange Berries – raspberries, blueberries and strawberries Thompson Raisins	Green Onions Avocado Carrots Lettuce Sweet Onions Zucchini Green Cabbage Vegetable Broth or Chicken Broth	Fermented Salsa Yogurt or Kefir Apple Cider Vinegar

Grains and Legumes	Nuts and Seeds	Seasonings & Miscellaneous
Whole Bread (choose gluten-free if needed) Whole Grain or Gluten-Free Wrap Brown Rice Black Beans Oat or Quinoa Flakes Spelt or Chickpea Flour	Cashews Pistachios	Cilantro Sea Salt Black Pepper Garlic Ginger Mustard Turmeric Coriander Cumin Cinnamon Nutmeg Baking Powder Baking Soda

Sweeteners	Protein	Fats and Oils
Raw Honey Maple Syrup Sucanat	Salmon, canned in water Eggs Ground turkey Chicken Broth or Vegetable Broth	Olive Oil Butter Coconut oil

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