



Shopping List for Kimchi One Day Menu

Fruit	Vegetables	Fermented Foods
Lemon or Lime Banana Orange Dates Berries: Blueberries, raspberries or strawberries	Onion Broccoli Celery Green Onion Romaine Lettuce Carrots Red bell peppers Cucumber Vegetable broth (or chicken broth) Zucchini Asparagus Cherry Tomatoes Cauliflower Black Kale (or other Kale)	Milk Yogurt or Coconut Yogurt or Milk Kefir Apple Cider Vinegar Balsamic Vinegar Tamari Sauce Kimchi

Grains and Legumes	Nuts and Seeds	Seasonings
Whole grain crackers or rolls (choose gluten-free if needed) Hummus Brown Rice such as Basmati	Cashews Chia seeds	Parsley Sea Salt Black Pepper Mustard Cinnamon Garlic Ginger Dill Garlic Mustard Turmeric

Sweeteners	Protein	Fats and Oils
Raw Honey	Salmon Fillet Protein Powder of Choice Egg	Olive Oil

Dairy or Substitutes
Whole Milk, Preferably organic, or milk alternative