



**Shopping List for Milk Kefir One Day Menu**

<b>Fruit</b>	<b>Vegetables</b>	<b>Fermented Foods</b>
Lemon or Lime Banana Apple Orange Dates Apple Butter Orange Juice	Onion Yukon Gold Potatoes Vegetable broth (or chicken broth) Red Lentils Sweet Potatoes Carrots Kale Zucchini	Kombucha Full-Fat Yogurt or Non-Dairy Yogurt alternative – Coconut Milk can also be used or <a href="#">crème fraiche</a>

<b>Grains and Legumes</b>	<b>Nuts and Seeds</b>	<b>Seasonings</b>
Whole Grain Bagel (choose a gluten-free option if needed)	Almonds Chia Seeds Hemp Seeds Coconut Flour Cashew Nut Butter	Garlic Sea Salt Black Pepper Ginger Chili Powder Cumin Dill Oregano

<b>Sweeteners</b>	<b>Protein</b>	<b>Fats and Oils</b>
Raw Honey	Chicken Breast Eggs	Olive Oil Butter or Coconut Oil

<b>Miscellaneous</b>
Baking Powder Baking Soda