



## Shopping List for Milk Kefir One Day Menu

| <b>Fruit</b>                                   | <b>Vegetables</b>                                                                                                                                                                                                                                     | <b>Fermented Foods</b>                                                                          |
|------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|
| Lemon or Lime<br>Grapefruit<br>Apple<br>Orange | Onion<br>Broccoli<br>Yukon Gold Potatoes<br>Celery<br>Green Onion<br>Lettuce<br>Carrots<br>Bell peppers (yellow, red)<br>Cucumber<br>Baba Ganouche<br>Sweet Potatoes<br>Vegetable broth (or chicken broth)<br>Zucchini<br>Baby Greens (Mescaline Mix) | Milk Kefir or Coconut Kefir<br>Apple Cider Vinegar<br>Balsamic Vinegar<br>Raw Milk Aged Cheddar |

| <b>Grains and Legumes</b>                                                                                                | <b>Nuts and Seeds</b> | <b>Seasonings</b>                                                                                                          |
|--------------------------------------------------------------------------------------------------------------------------|-----------------------|----------------------------------------------------------------------------------------------------------------------------|
| Whole Grain Wraps (can be gluten-free if needed)<br>Great Northern Beans, canned<br>Adzuki beans, canned<br>Corn, frozen | Almonds               | Parsley<br>Sea Salt<br>Black Pepper<br>Mustard<br>Cinnamon<br>Garlic<br>Chili Powder<br>Thyme<br>Oregano<br>Dill<br>Garlic |

| <b>Sweeteners</b>                     | <b>Protein</b>       | <b>Fats and Oils</b>              |
|---------------------------------------|----------------------|-----------------------------------|
| Sucanat or Organic Sugar<br>Raw Honey | Eggs<br>Tuna, canned | Olive Oil<br>Butter<br>Mayonnaise |

| <b>Dairy or Substitutes</b>                                                  |
|------------------------------------------------------------------------------|
| Whole Milk, Preferably organic, or milk alternative<br>Raw Milk Aged Cheddar |

