



Shopping List for Sauerkraut One Day Menu

Fruit	Vegetables	Fermented Foods
Lemon or Lime Blueberries, preferably wild Apple Raisins	Carrots Celery Romaine Lettuce Canned or Diced Tomatoes, (14 oz or 398 ml) Spinach Green Onions White Onions	Sauerkraut Yogurt or Kefir (made with full fat cow's milk or coconut milk) Aged Balsamic Vinegar (at least 2 years old) Apple Cider Vinegar (with mother)

Grains and Legumes	Nuts and Seeds	Seasonings
Steel Cut Oats Brown Rice Red Lentils Whole Grain Bread of Choice (could be gluten-free if needed) Whole Spelt Flour (use coconut flour if gluten-free)	Raw Cashews Flax Seeds Almond Butter Coconut Flour (if you are gluten free)	Cinnamon Dill Turmeric Thyme Mustard Black Pepper or Peppercorns Sea Salt or Himalayan Sea Salt Ginger (optional) Garlic Pure Vanilla

Sweeteners	Protein	Fats and Oils
Raw Honey or Maple Syrup Organic Sugar or Sucanat	Chicken or Turkey Sausage Eggs	Olive Oil Whole Milk or Coconut Milk

Dairy or Substitutes
Whole Cow or Goat Milk or Coconut Milk (preferably organic) Full Fat Yogurt or Kefir