



Shopping List for Water Kefir One Day Menu

Fruit	Vegetables	Fermented Foods
Lemon or Lime Pineapple Goji Berries, dried Kiwi Choice of Berries (strawberry, blueberries, raspberries, blackberries)	Avocado Tomatoes Cucumber Red Onion Celery	Water Kefir Apple Cider Vinegar Full-Fat Yogurt

Grains and Legumes	Nuts and Seeds	Seasonings
Ezekial or Whole Grain Bread of Choice (could be gluten-free if needed) Whole Grain Crackers (could be gluten-free, if needed) Kidney Beans, canned, Aduki Beans, canned Chickpeas (Garbonzo Beans), canned Green Beans, fresh	Almonds Sunflower Seeds	Garlic Sea Salt Black Pepper Dill Basil Oregano

Sweeteners	Protein	Fats and Oils
Raw Honey	Talapia or other white fish (cod, halibut)	Olive oil Butter

Dairy or Substitutes
Aged Cheddar Cheese, raw Full-Fat Yogurt