Shopping List for Yogurt One Day Menu

Fruit	Vegetables	Fermented Foods
Lemon or Lime Banana Apple Dates Avocado	Onion Broccoli Celery Green Onion Romaine Lettuce Carrots Cucumber Zucchini Asparagus Cherry Tomatoes and canned diced tomatoes Black Kale (or other Kale) Jalapeno Yukon Gold Potatoes	Milk Yogurt or Coconut Yogurt Apple Cider Vinegar Balsamic Vinegar

Grains and Legumes	Nuts and Seeds	Seasonings
Whole grain cold cereal such as whole grain corn flakes or brown rice crisps Brown Rice such as Basmati Black beans, canned, cooked, salt-free Whole spelt flour or brown rice potatoes	Almonds, natural Natural trail Mix Hemp Seeds Coconut, dried, shredded sulfite free, unsweetened	Parsley Garlic Sea salt Black Pepper Cumin Thyme Cilantro

Sweeteners	Protein	Fats and Oils
Raw Honey Chocolate Chips, semi-sweet	Chicken breast Chicken Broth	Olive Oil Butter

Dairy or Substitutes
Whole milk Yogurt Aged Cheddar Raw Milk Cheese or dairy-free alternative

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