SHOPPING LIST FROM MOTHER NATURE'S NUTRITION BASKET

Nuts & Seeds: ☐ almond ☐ Brazil nut ☐ cashew ☐ chia ☐ chestnut ☐ coconut ☐ flaxseed ☐ hazelnut ☐ hemp seed ☐ macadamia nut ☐ mustard seed ☐ quinoa ☐ pecan ☐ pine nut ☐ pistachio ☐ poppy seed ☐ pumpkin seed ☐ sesame seed ☐ sunflower seeds ☐ walnut

Legumes: ☐ black bean ☐ chickpea ☐ green bean ☐ kidney bean ☐ lentil ☐ lima bean ☐ mung bean ☐ peas ☐ peanut ☐ pinto bean ☐ red bean ☐ soybean (edamame) ☐ soy milk ☐ sprouts ☐ tofu ☐ tempeh ☐ white bean

Fish: ☐ bass ☐ carp ☐ catfish ☐ cod ☐ flounder ☐ halibut ☐ herring ☐ mackerel ☐ pike ☐ perch ☐ roe/caviar ☐ red snapper ☐ sardine ☐ sole ☐ salmon ☐ sturgeon ☐ trout ☐ tuna

My Shopping List:

Grains: ☐ amaranth ☐ barley ☐ buckwheat ☐ cornmeal ☐ Kamut ☐ millet ☐ oats ☐ popcorn ☐ rye ☐ spelt ☐ unrefined flours ☐ triticale ☐ whole grain cereals ☐ whole wheat ☐ whole grain rice / wild rice

Vegetables: ☐ artichoke ☐ arugula ☐ asparagus ☐ avocado ☐ bamboo shoot ☐ beet ☐ bell pepper ☐ Bok choy ☐ broccoli ☐ Brussels sprouts ☐ cabbage ☐ carrot ☐ cassava ☐ cauliflower ☐ celery ☐ chard ☐ chive ☐ collard greens ☐ corn ☐ cucumber ☐ eggplant ☐ fennel ☐ green onion ☐ garlic ☐ jicama ☐ Kale ☐ Kohlrabi ☐ leek ☐ lettuce ☐ okra ☐ olive ☐ onion ☐ parsnip ☐ potato ☐ pumpkin ☐ radicchio ☐ radish ☐ rhubarb ☐ rutabaga ☐ shallot ☐ spinach ☐ squash ☐ sweet potato ☐ taro ☐ tomato ☐ turnip ☐ Yam ☐ watercress ☐ wheatgrass ☐ zucchini

Seafood: ☐ abalone ☐ anchovy ☐ clam ☐ crab ☐ cockle ☐ cuttlefish ☐ lobster ☐ mussels ☐ octopus ☐ oyster ☐ squid ☐ scallop ☐ shrimp

Mushrooms: ☐ bolete ☐ chaga ☐ chanterelle ☐ cordyceps ☐ enoki ☐ lion's mane ☐ maitake ☐ morel ☐ reishi ☐ shiitake ☐ truffle ☐ turkey tail ☐ wood ear

Seaweeds: ☐ arame ☐ dulse ☐ hijiki ☐ Irish moss ☐ kelp ☐ kombu ☐ nori ☐ sea lettuce ☐ wakame

Herbs & Spices: ☐ anise ☐ allspice ☐ basil ☐ bay leaf ☐ capers ☐ caraway ☐ cardamom ☐ chili pepper ☐ cilantro ☐ clove ☐ cinnamon ☐ coriander ☐ curry ☐ cumin ☐ fenugreek ☐ dill ☐ ginger ☐ horseradish ☐ lemongrass ☐ marjoram ☐ mint ☐ miso ☐ mustard ☐ nutmeg ☐ oregano ☐ paprika ☐ parsley ☐ pepper ☐ rosemary ☐ saffron ☐ sage ☐ savory ☐ tarragon ☐ thyme ☐ turmeric

Dairy: ☐ butter ☐ buttermilk ☐ ghee ☐ cheese ☐ kefir ☐ milk ☐ sour cream ☐ whey protein ☐ yogurt (plain)

Meat: ☐ beef ☐ chicken ☐ duck ☐ eggs ☐ goat ☐ goose ☐ lamb ☐ pork ☐ rabbit ☐ turkey ☐ veal ☐ venison

Seasonings & Leavening Agents: ☐ baking soda ☐ carob ☐ cocoa ☐ coffee ☐ honey ☐ jaggery ☐ maple syrup ☐ miso ☐ monk fruit extract ☐ salt ☐ soy sauce ☐ stevia ☐ unrefined sugar ☐ tea ☐ vanilla ☐ vinegar ☐ yacon syrup ☐ yeast

Plant-based oils: ☐ almond ☐ canola ☐ coconut ☐ corn ☐ flaxseed ☐ olive ☐ peanut ☐ sesame ☐ soybean ☐ sunflower

Fruits: ☐ apple ☐ apricot ☐ banana ☐ blackberry ☐ blueberry ☐ cantaloupe ☐ cherry ☐ cranberry ☐ date ☐ fig ☐ grape ☐ grapefruit ☐ guava ☐ Kiwi ☐ lemon ☐ lime ☐ lychee ☐ mandarin ☐ mango ☐ melon ☐ nectarine ☐ noni ☐ orange ☐ papaya ☐ peach ☐ pear ☐ persimmon ☐ plum ☐ pineapple ☐ pomegranate ☐ pomelo ☐ prune ☐ raisin ☐ raspberry ☐ strawberry ☐ tangerine ☐ watermelon

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