

Nourishing Wellness Dump the Junk

Shopping List

- Fresh or frozen fruits and veggies
- Fresh or frozen berries (blueberries, strawberries, cherries etc)
- Cultured veggies (raw sauerkraut)
- Sea veggies
- Lemons and limes
- Grass-fed meats and wild ocean fish
- Chicken and turkey sausage
- Quinoa, millet, brown rice, basmati rice
- Beans and legumes
- Hummus
- Nuts and seeds
- Nut butters
- Extra virgin olive oil, ghee, coconut oil*, and other healthy oils
- Herbal and detox teas
- Dandy Blend** (herbal coffee)
- Cultured beverages; *Body Ecology's Coco Biotic**, *Innergy Biotic**, *Zukay's Kvass*, Kombucha
- Coconut water
- So Delicious Coconut Milk*, unsweetened (green carton)
- Equal Exchange Baking Cocoa*
- Guilty pleasures: *Grainaissance Mochi*, *Mary's Crackers*, *Nairn's Oat Crackers*
- Raw apple cider vinegar
- Celtic sea salt**
- Cayenne pepper
- pH test paper*
- Skin brush*
- Detox baths and scrubs

Tip: Ideally you'll want to source organic products. Always read labels.

* Available at *Nourishing Wellness*

Nourishing Wellness

Good health is a choice you can make today!

For the freezer

- Grass fed beef
- Free range chicken and turkey
- Chicken and turkey sausage
- Frozen wild fish (salmon, shrimp, scallops, halibut, sole, cod)
- Frozen berries (blueberries, strawberries, cherries, raspberries)
- Frozen veggies (have a wide variety)

For the fridge

- Turkey slices (for roll-ups or salads)
- Whole chicken
- Nut butters (almond, sunflower, walnut etc)
- *So Delicious coconut milk*, unsweetened
- Avocados
- Salsa
- Dijon mustard (gluten free)
- Salad greens
- Herbs (parsley, cilantro)
- Fresh veggies – lots of non-starchy veggies
- Fresh low-glycemic fruits
- Raw sauerkraut
- Kvass
- Lemons
- Limes

For the bathroom

- Skin brush
- Detox baths and scrubs
- pH test paper

For the veggie bin

- Garlic
- Onions
- Ginger root
- Sweet potatoes
- Tomatoes

For the pantry

- Beans, canned or dried
- Chicken broth
- Basmati rice
- Quinoa
- Nuts
- *Dandy Blend*
- Artichoke hearts
- Sun dried tomatoes in olive oil
- Baking cocoa
- Coconut oil
- Extra virgin olive oil
- Sesame oil

For the spice rack

- *Celtic sea salt*
- Black pepper corns
- Cumin
- Cayenne
- Italian spice blend
- Rosemary
- Oregano
- Basil