

ESSENTIAL STARTER INGREDIENTS

VEGGIES & FRUITS

Broccoli	Mushrooms
Kale	Zucchini
Carrots	Lemon
Bok Choy	Blueberries
Cauliflower	Raspberries
Cabbage	Bananas
Spinach	Sweet Potato

QUALITY PROTEIN

Grass Fed Beef/Lamb
Organic Chicken
Free Range Eggs
Wild Caught Salmon
Bacon

GUT HEALING FOODS

Bone Broth
Fermented Foods
Kombucha

HEALTHY FATS

Avocado	Coconut Oil
Ghee	Avocado Oil
Almond Nuts	Coconut Cream
Cashew Nuts	
Olive Oil	

PANTRY

Quinoa	Almond Milk	Coconut Milk
Oats	Nut Butters	Flax Seeds
Cinnamon	Rice Cakes	Stevia
Herbs & Spices	Almond Flour	Cocoa Powder
Apple Cider Vinegar	Stocks	Raw Honey