

Healthy Staples Shopping List:

- 1. Organic Dark Leafy Greens (Kale, Collards, Chard)
- 2. Peppermint, Lavender, and/or Chamomile Tea
- 3. A Bunch of Organic Carrots
- 4. Hearty Olive Oil
- 5. Fresh Seasonal Fruit
- 6. Mixed Nuts
- 7. Canned Sardines
- 8. Fresh herbs (Parsley, Cilantro, Basil, Oregano, Rosemary, Sage...)
- 9. Avocados
- 10. Lemons

- 11. _____
- 12. _____
- 13. _____
- 14. _____
- 15. _____