

Shopping List



Beginner's Shopping List

Preface: The basic idea is look through the recipes first; find what is appealing or enticing to you. Try something new perhaps. Then add those ingredients to your shopping list.

If you plan on making your own nut milk (which we recommend), make sure to get a nut milk bag.

This is not a complete list; nor do you have to buy every item on here. Feel free to check out recipes first. Add and remove items as you see you will need/want to create foods that look appealing/yummy to you.

Produce

- 1lb pre-washed spinach
- 5 bunches of kale (mix and match)
- 3 heads of butter lettuce
- 1 bunch swiss chard
- 1 bunch carrots
- 1 bunch celery
- 1 head green cabbage
- 1 lb brussel sprouts
- 1 bag mung bean sprouts
- 5 cucumbers
- 2 small packages of shitake mushrooms
- 2 shallots

2 white onions
2 leeks
1 bunch green onions
3 heads of garlic
4 medium sweet potatoes
1 small butternut squash
1 fennel
1 small handful of green beans
5 avocados
2 beets
4 green apples
4 honey crisp apples
6 pears
2 persimmons
2 pomegranates
1 bunch bananas
1 bunch mint
2 bunches cilantro
1 bunch parsley
1 bunch tarragon
1 bunch sage
4 lemons

2 limes

1 ginger root

Grains, Beans and Canned Goods

1lb of quinoa

1lb of brown rice

3 cans of black beans (Eden Organics)

2 cans of white beans (Eden Organics)

1 can garbanzo beans

2 cans full fat coconut milk (Native Forest)

1 can pumpkin puree

1 can sustainably caught salmon

can of sardines

3 cartons of organic gluten free vegetable broth (4 cup size) or make your own

Condiments, Herbs, Spices, Nuts, & Seeds

Almond slices

Raw almonds

Flax seeds

Chia seeds

Hemp Seeds

Raw Sunflower Seeds

Himalayan or Sea Salt

Pepper

Cumin

Cayenne Pepper

Cinnamon

Nutmeg

Allspice

Ground Ginger

Curry Powder

Unrefined Coconut Oil

Coconut Butter

Olive Oil

Rice Wine Vinegar

Apple Cider Vinegar

Mustard (pick one you like)

Mirin – (near Asian section)

Gluten Free Tamari

Almond Butter

1 bottle of unsweetened cranberry juice

1 coconut water – you may want to buy several to have as a drink

Meat / Refrigerated Section

Roast Your own Pastured Chicken

Wildly caught fish

Brown Rice Tortillas (Food For Life)

Sprouted Corn Tortillas (Food for Life)

Hummus (get a locally made one, if possible or make your own in the recipes)

Fresh salsa if available

Frozen

Freeze your own bananas (peel them first)

Miscellaneous

Raw Cacao Powder

Dandy Blend

Maca Powder

Supplements (you can get from Raya or local health food store)

Probiotics

Aloe Juice

Vitamin C

Triphala

Intermediate Shopping List

Produce

3 bunches of kale (mix and match)

1 head of butter lettuce

1 bunch collard greens

1 bunch carrots*

1 bunch celery*

1 lb brussel sprouts

1 bag mung bean sprouts*

4 cucumbers

2 small package of shitake mushrooms

2 large portobello mushrooms

2 shallots

2 red onions

1 bunch green onions

2 heads of garlic*

4 sweet potatoes

2 medium heads of cauliflower

1 celery root

2 parsnips

5 avocados
2 beets
4 green apples*
6 pears
2 persimmons
2 pomegranates*
1 bunch bananas*
1 bunch mint
1 bunch cilantro
1 bunch parsley*
2 bunches chives
5 lemons
2 limes
1 ginger root*
1 package sprouts
4 artichokes
jalapeño (optional)

Condiments

Olive Oil*

Unrefined Coconut Oil

Apple Cider Vinegar*

Gluten Free Tamari*

Almond Butter*

Horseradish

Vanilla

Black Sesame Seeds

Dried oregano

Dried basil

Kalamata Olives – pitted

1 ½ cup raw cashews

Hummus

Fresh salsa

Frozen

Mixed berries

Blueberries

Supplements (you can get from Raya or local health food store)

Probiotics

Aloe Juice

Vitamin C

Triphala

Optional Detox Items to Shop for to Help You Detox



Epsom Salts for baths

Bentonite Clay (Redmond or Aztec brand are easy to find and most health food stores sell bentonite clay in the bulk food section) to be added to your bath or taken internally. You can purchase the powder in the healthy and beauty section of your health food store. Or the liquid bentonite in the supplement section. Or make your own liquid bentonite by mixing in water.

Natural Bristle Brush for dry brushing

Sesame or Olive Oil for Abhyanga (self-massage for self-love)

Lavender Essential Oil (add to your bath)

Aluminum Free Baking Soda (for baths)

Psyllium Seeds (extra fiber - get the seeds not husks/hulls in powder form or capsules)

Caster Oil and Wool Flannel (not cotton) for topical packs

Heating Pad or Hot Water Bottle to be used with castor oil packs

Mini or Large Trampoline

Netti Pot and Netti Pot Salts for sinus cleansing

Nut Milk Bag for making homemade nut milks (available at Honest Weight Food Co-Op)

Food Processor

Blender

Enema Bag available at Marras Pharmacy in Cohoes for about \$2
217 Remsen St Cohoes, NY 12047
(518) 279-6596