

Transition Shopping List – Health Store

Produce

- Avocado
- Apples
- Bananas
- Broccoli
- Celery
- Carrots
- Cabbage
- Cucumber
- Young Tai Coconut (Water)
- Green/String Beans
- Grapes
- Grapefruit
- Garlic
- Ginger
- Green Leafy Vegetables
- Lemons
- Onions
- Seasonal Fruit/Veggies

Nuts & Seeds

- Raw Almonds
- Organic Raw Almond Butter
- Raw Hemp Seeds
- Flax Seeds
- Goji Berries

Meat/Fish

- Organic Kosher Chicken
- Wild Fresh Fish

“Dairy” section

- Apple Cider (UV treated)
- Goat Milk (pref. unpasteurized)
- (Organic Grass Fed Milk)
- Goat Cheese (pref unpast.)
- Kosher Organic Ghee

Condiments

- Fresh, Raw, Organic Pesto
- Fresh, Raw, Organic Tapenade – Black Olives
- Fresh, Raw, Organic Tapenade – Sun Dried Tomatoes
- Black Olives
- Salsa
- Hummus
- Unsweetened Tomato Ketchup
- All Natural, Unsweetened Mayonnaise
- Organic Stone Ground Mustard

- Apple Cider Vinegar - *Bragg*
- Bragg’s Amino Acids – *Bragg*

Oils

- Cold Pressed Sesame Oil
- Raw Organic Coconut Oil
- Raw Organic or Wild Olive Oil - *Bragg*
- Cold Pressed Macadamia Nut Oil

Spices/Salt

- Kosher Sea Salt/Himalaya Salt
- Herbs The Province
- Curry

Sweeteners

- Raw Organic Honey
- Raw Agave Nectar
- Liquid Stevia
- Organic 100% Pure Maple Syrup

Grains & Pasta

- Spelt Pasta – *Vita Spelt*
- Lentil Pasta – *Papardini*
- Whole Grain Spelt Flour – *Arrowhead Mills*
- Brown/Bhutanese Rice
- Wild Rice – *Shilloh Farms*
- Quinoa – *Shilloh Farms*
- Millet – *Shilloh Farms*
- Buckwheat – *Shilloh Farms*

Bread (refrigerated)

- Sprouted Bread – *Ezenkiel*
- Sprouted Bagels - *Alvarado*
- Sprouted Tortilla’s - *Ezenkiel*

Snacks

- Chocolate Bar - *Green+*
- Lara Bars*
- Didi’s Raw Granola Bar*
- Pecan Cookie – *Good Stuff from Mom and Me*
- Raw Nuts
- Baby Carrots
- Popcorn)
- All Natural Chips
- Tortilla Chips
- Dairy/Wheat Free Cookies – *Maple Arrowroot)*

Transition Shopping List – Health Store

Skin Care

- Toothpaste – *Weleda*
- Deodorant – *Burt's Bees/Tom's*
- Body Lotion – *Weleda/Burt's Bees*
- Hair Coloring – *Surya Henna Cream*
- Shampoo/Conditioner –
Aubrey's/Happy Baby
- Shaving Cream
- (Liquid) Soap – *Kiss my Face*

- Boiron Belladonna (for Infections)
- Zinc Lozenges (for Sore Throat)

Juices

- Noni Juice
- Aloe Vera Juice
- Gojiberry Juice

Cleaning Supplies

- Dishwasher Detergent – *Ecover*
- Dishwashing Liquid - *Ecover*
- Laundry Detergent - *Ecover*
- Natural Laundry Whitener - *Ecover*
- All Purpose Cleaner - *Ecover*
- Murphy's Oil
- Vegetable Wash – *Earth Friendly Products*
- Window Cleaner – *Earth Friendly Products*
- Kitchen Cleaner – *Seventh Generation*
- Full Spectrum Light Bulbs

Supplements

Oils

- Carlson Fish Oil with Lemon
- Full Spectrum Cod Liver Oil with Lemon
- Udo's Blend
- Flax Seed Oil w. Lignants

Minerals

- Colloidal Minerals
- Coral Calcium Powder – *Tropical Oases*
- Cell Food* - Silica

Vitamins

- Multi Vitamin Spray - *Cell Food*
- Green Powder – *Green+*
- Coenzyme Q10
- B12 Methylcyname

First Aid

- Boiron Pulsatilla (for Colds)