

Vegan Shopping List – Choose Organic, Fresh and Raw!

Produce

- Avocado
- Broccoli
- Celery
- Carrots
- Cabbage
- Cucumber
- Green/String Beans
- Green Leafy Vegetables (Kale, Chard, Spinach, Lettuce, Collard Greens, Beet Greens, Dandelion Leafs, etc.)
- Seasonal Veggies (Pumpkin, Endive, Sweet Corn, Fennel, Kohlrabi, etc.)
- Tomatoes
- Mushrooms (Shiitake, Portobello, etc)

Fruit

- Apples
- Bananas
- Lemons
- Seasonal Fruits (strawberries, tangerines, pears, cherries, oranges, etc)
- Young Tai Coconuts

Herbs

- Garlic
- Ginger
- Onions
- Fresh Herbs (parsley, basil, etc.)

Nuts & Seeds

- Almonds
- Cashews
- Brazil Nuts
- Almond Butter
- Tahini
- Sesame Seeds
- Hemp Seeds
- Flax Seeds
- Pine Nuts
- Pumpkin Seeds
- Sunflower Seeds

Snacks

- Chocolate Bar - *Green+*
- Lara Bars*
- Didi's Raw Granola Bar*
- Pecan Cookie – *Good Stuff from Mom and Me*
- Trail Mix
- Baby Carrots
- Dried Fruit

Sea Vegetables

- Nori Sheets
- Dried Kelp, Dulse etc.

Condiments

- Pesto
- Tapenade – Black Olives
- Tapenade – Sun Dried Tomatoes
- Black Olives
- Salsa
- Artichoke Dip
- Stone Ground Mustard
- Apple Cider Vinegar
- Tamari (Soy)
- Miso (unpasteurized)

Oils

- Extra Virgin Coconut Oil
- Extra Virgin Olive Oil
- Sesame Oil

Spices/Salt

- Himalaya /Celtic Sea Salt
- Raw Vanilla Beans (or powder)
- Cinnamon
- Herbs of choice (Provence, Curry)

Sweeteners

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

Grains & Pasta

- Spelt Flour
- Spelt Pasta
- Quinoa
- Buckwheat

Bread (refrigerated)

- Sprouted Bread or Tortillas (e.g. *Ezenkiel*)
- Sprouted Bagels (e.g. *Alvarado*)

Super Foods

- Carob Powder
- Camu Camu / Acai Powder (vit C)
- Chocolate Powder (or Nibs)
- E3 Live (Blue Green Algae)
- Goji Berries
- Green or Wheatgrass Powder
- Lucuma Powder
- Mesquite Powder
- Maca Powder

Supplements

- MSM Sulfur
- Vitamin B-12 (or from E3-Live)
- Vitamin D3
- Vitamin K2