



CORE INGREDIENTS SHOPPING LIST

Dry Stuff

- Sorghum Flour
- Nutritional Yeast
- Whole grain sorghum
- Couscous
- Carob powder
- Rolled Oats
- Rooibos Tea

Contained

- Almond milk
- Black beans
- Coconut water
- Corn
- Kidney beans
- Kimchi (Spicy sauerkraut)
- Mixed 3 Beans
- Pinto beans
- Sauerkraut
- Tahini

Nuts & Seeds (Raw & Unsalted)

- Almonds
- Cashews
- Chia seed
- Flaxseed (Linseed)
- Pine nuts
- Sunflower seed

Condiments

- 100% Natural Lemon Juice or Soy Sauce
- Bragg Liquid Aminos
- Coconut oil
- Flaxseed oil
- Tomato paste
- Vegetable broth
- Extra Virgin Olive oil
- Vanilla Extract

Spices

- Black Pepper
- Bragg Organic Sprinkle
- Cayenne Pepper
- Coriander
- Cumin
- Curry
- Garam masala
- Garlic Powder
- Italian Herbs Seasoning
- Mint
- Onion powder
- Oregano
- Sea Salt
- Smoked Paprika
- Thyme
- Turmeric

Miscellaneous

- _____
- _____
- _____
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Essential Supplements

- Fulvic Acid
- Good Nite
- Iodine
- pH Balancer
- CircO2
- Ionic Coral Calcium
- OR**
- Nu pH'Alance Essential Oil Supplement

Essential oils

- Frankinsense
- Lavender
- Peppermint
- Roman Chamomile
- Wormwood

Fruit

- Black olives
- Raisins

Sweetner

- Raw Honey*
**Replace with Stevia drops if you suffer from cancer or diabetes*
1 tablespoon = 1 drop