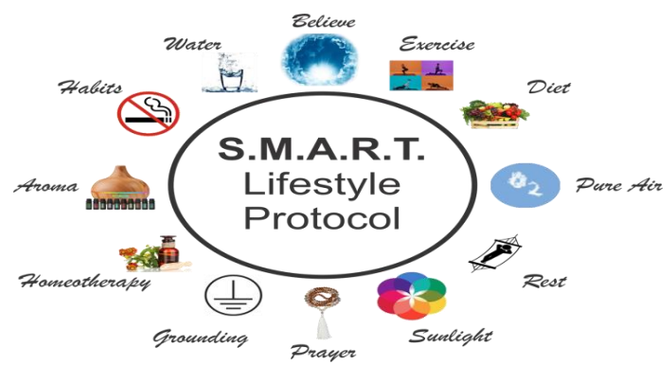

WEEKLY SHOPPING LIST

- [x] **Fresh Vegetables**
- [ ] Beets
- [ ] Broccoli
- [ ] Carrots
- [ ] Cauliflower
- [ ] Celery
- [ ] Cilantro
- [ ] Collard Greens
- [ ] Cucumber
- [ ] Dandelion Greens
- [ ] Garlic - crushed
- [ ] Ginger - root
- [ ] Green Bell Peppers
- [ ] Green Onions
- [ ] Kale
- [ ] Mushrooms
- [ ] Red Bell Pepper
- [ ] Red Cabbage
- [ ] Red Onion
- [ ] Spinach
- [ ] Swiss Chard
- [ ] Tomato
- [ ] Turmeric - root
- [ ] Watercress
- [ ] White Onion
- [ ] Yellow Pepper
- [ ] Zucchini

NON-ESSENTIALS

- [x] **Complimentary Supplements**
- [ ] Nu pH'Alance Essential Oil Supplement
- [ ] Fenbendazole
- [ ] CDS
- [ ] DMSO
- [ ] Taurine
- [ ] Melatonin
- [ ] Turkey Tail Mushroom
- [ ] Essiac Tea

- [x] **Miscellaneous**
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____