

# Vital Gut Health

## VITAL GUT HEALTH GROCERY PLAN

### Plan to Grocery Shop 2X per Week

#### **Produce:**

Broccoli  
Cauliflower  
Red Cabbage  
Avocados ( 18 extra large for the week. Buy 9 on Tuesday, 9 on Friday )  
Organic Cilantro  
Organic Radishes  
Organic Carrots  
Organic Garlic  
Limes  
lemons  
Red Onion

#### **Organic Protein:**

Organic Grass Fed Gr. Beef ( About 1.5 lbs per week )

#### **Organic Section:**

Organic Coconut or Almond Milk (Unsweetened) (Refrigerator Section)  
Lacto-Fermented Vegetables ( Refrigerator Section)  
Organic Coconut Flakes  
Pink Sea Salt  
Coconut Milk (canned)  
Organic Cacao Powder  
Organic Coconut Aminos  
Braggs Apple Cider Vinegar  
Olive Oil  
Coconut Oil  
Organic Tahini  
Organic Salsa  
Stevia  
Organic Pepper  
Organic Garlic Powder  
Organic Oregano

Organic Parsley

Organic Green Tea

Raw, Organic Macadamia, Cashews, Pecans

**STUFF FOR BINGE DAY!!!!**