

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
2 1 lb Box of Mixed Greens
2 Heads of Romaine/Red Leaf/ Green Leaf
1 1/2 lb Box Spinach

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!!!!