

WEEK 1 : **Strong On Health** REBOOT Grocery Shopping List

VEGETABLES

Beets (1-2 bunches)
Carrots & mini-carrots
Broccoli
Kale
Celery
Mushrooms (any type, 1 recipe calls for portobello)
Brussels sprouts
Collard greens
Black beans (dry or canned)
Garbanzo beans (dry or canned)
Kidney beans (dry or canned)
Onions (any variety)
Red onion (1 recipe)
Green onions / scallions (1 recipe)
Red bell pepper
Cucumber
Swiss chard
Fresh spinach
Tomatoes
Sun-dried tomatoes
Mixed salad greens
Romaine lettuce
Avocado
Butternut squash
Large yam
Large parsnip
Red bell pepper
Bok choy
Cauliflower
Jalapeno pepper
Dried red chili (small)
Bay leaf
Leeks (4)

FRUITS

Apples
Lemon
Dried cranberries
Oranges (for zest)
Dates
Mango (frozen)

HERBS/SEASONINGS

Sea salt
Black pepper
Butter
Garlic (fresh & powdered)
Basil (fresh & dried)
Ginger
Rosemary (fresh & dried)
Ground mustard
Whole leaf stevia
Fresh parsley
Dijon mustard
Thyme leaves
Mustard seed
Cumin
Coriander
Turmeric
Fenugreek seeds
Dried dill
Dulse/Seaweed flakes
Garlic powder
Dried oregano
Cayenne pepper
Fresh mint

OILS/LIQUIDS

Extra virgin olive oil
Balsamic vinegar
Coconut oil
Lemon juice (or juice from fresh lemons)
Apple cider vinegar
Carrot juice (or juice from fresh carrots)
Vegetable stock

SEEDS (Raw if possible)

Sunflower
Flaxseed
Chia
Pumpkin

OTHER INGREDIENTS

Hemp / Coconut / Almond Milk
Coconut Flour
Quinoa

ADD YOUR OWN

When possible, purchase organic and in BPA-free containers. **Bold items** are considered main ingredients in recipes.

Items are listed in order of highest to lowest necessary quantity according to cook book recipes, not nutritional value. Please see *One Degree of Change* cookbook for exact amounts.

Questions: info@strongonhealth.com

