

### Vitacost or Thrive Market List

- 4-Pacific Natural Chicken Bone Broth 8oz
- 1-Sea Salt: FunFresh Food Himalayan or Celtic Fine ground
- 1-Coconut Aminos Original
- 1-Organic Coconut Oil (vitacost brand or any other)
- 1-Green Tea
- 1-Yogi Vanilla Perfect Energy Tea
- 1-Yogi Detox Tea
- 1-Chia Seeds 8-16oz (cheapest= chosen foods chia seeds 1lb)
- 1-Hemp Seed (NOW Foods Organic Hemp Seed Hearts 8oz)
- 1-Coconut Manna (or other coconut butter)
- 1-Shredded Unsweetened Coconut (Let's Do Finely Shredded)
- 3-Can Coconut Milk (Native Forest Classic),
- 2-Sea Tangle Kelp Noodle
- 1-Braggs Apple Cider Vinegar
- 1-Organic Black beans (if using in meal 25- skip for paleo, sub beef)
- 1-Organic Garbanzo bean (optional to add to salads & antipasto, skip for paleo)
- 1-Natural Sea Wild Salmon can
- 1-Quinoa
- 1-Almond Butter
- 1-Kalamata olives
- 3-Cans Artichoke hearts (Reese or Native Forest, etc)

### Check your pantry/spice drawer and make sure you have the following:

- 1-Olive Oil (NOW foods Ellyndale 16.9oz)
- Cumin
- Oregano
- Thyme
- Garlic Powder
- Onion Powder
- Rosemary
- Basil
- Paprika
- Nutmeg
- Curry
- Cinnamon
- Cayenne
- Dill
- Parsley
- Red Pepper Flakes
- Bay Leaf
- Vanilla (if buying get organic)
- Baking Soda
- Turmeric (vitacost 16oz)
- Jalepenos Jar
- Pepperoncinis Jar
- Balsamic Vinegar