

# GROCERY LIST

## FRUITS & VEGETABLES

\*Choose organic types of produce

### RED

- Apples\*
- Beets
- Cabbage
- Cherries
- Cranberries
- Grapes
- Peppers
- Pink Grapefruit
- Pomegranates
- Radishes
- Raspberries
- Rhubarb
- Strawberries\*
- Tomatoes
- Watermelon

### WHITE

- Bananas
- Cauliflower
- Coconuts
- Fennel
- Garlic
- Jicama
- Leeks
- Mushrooms
- Onions
- Parsnips
- Shallots
- Turnips

### ORANGE & YELLOW

- Apples\*
- Apricots
- Cantaloupe
- Carrots
- Grapefruit
- Lemons
- Mangoes
- Nectarines\*
- Oranges
- Papayas
- Peaches\*
- Pears\*
- Peppers\*
- Persimmons
- Pineapple
- Pumpkin
- Rutabagas
- Squash
- Sweet Potatoes
- Tangerines

### BLUE & PURPLE

- Blackberries
- Blueberries
- Figs
- Grapes\*

### GREEN

- Apples\*
- Artichokes
- Asparagus
- Avocados
- Broccoli
- Brussels Sprouts
- Cabbage
- Celery\*
- Collard Greens
- Cucumbers
- Grapes\*
- Green Beans
- Green Onions
- Honeydew Melon
- Kale
- Kiwis
- Lettuce
- Limes
- Peas
- Peppers\*
- Spinach\*
- Zucchini

Frozen Fruits are allowed; No Additives or preservatives.

## NUTS, SEEDS & OILS

Organic highly recommended

### NUTS/SEEDS

- Almonds
- Brazil Nuts
- Cashews
- Hazelnuts
- Macadamia Nuts
- Pecans
- Pistachios
- Pumpkin Seeds
- Sesame Seeds
- Sunflower Seeds
- Walnuts

### RAW NUT BUTTERS

- Sunflower Butter
- Almond Butter
- Cashew Butter

### OILS

- Almond Oil
- Avocado Oil
- Coconut Oil
- Extra Virgin Olive Oil
- Flax Seed Oil
- Hemp Seed Oil
- Macadamia Nut Oil
- Sesame Oil

## DRIED FRUIT

Sulfur Free; No additives

- Apricots
- Cherries
- Cranberries
- Figs/Dates
- Mango
- Golden Raisins
- Dark Raisins
- Prunes/Plums
- Goji Berries

## DHERBS EXTRAS

- Vegan Protein Powder
- Vegan Berry Powder
- Vegan Greens Powder
- Dherbs Herbal Teas
- Testosterone Booster
- Sea Moss
- Bowel Motion (During Phase III)
- Athletic Boost
- Energy Formula
- Metabolism Booster
- Plant Based Omega-3
- Electric Greens Combo