

# All Raw Shopping List – Health Store

## Produce

- Avocado
- Apples
- Bananas
- Broccoli
- Celery
- Carrots
- Cabbage
- Cucumber
- Young Tai Coconuts
- Green/String Beans
- Grapefruit
- Garlic
- Ginger
- Green Leafy Veggies
- Lemons
- Onions
- Seasonal fruits
- Fresh Herbs (parsly, basil, etc.)

## Nuts & Seeds

- Raw Almonds
- Organic Raw Almond Butter
- Raw Hemp Seeds
- Flax Seeds
- Pine Nuts

## Meat/Fish

- Cold Smoked Wild Alaskan Salmon

## Snacks

- Chocolate Bar - *Green+*
- Lara* Bars
- Didi's* Raw Granola Bar
- Pecan Cookie – *Good Stuff from Mom and Me*
- Raw Nuts
- Baby Carrots
- Dried Fruit

## Condiments

- Freshly made raw pesto
- Freshly made raw tapenade – Black Olives
- Freshly made raw tapenade – Sun Dried Tomatoes
- Raw Black Olives
- Freshly made raw salsa
- Organic Stone Ground Mustard

- Apple Cider Vinegar
- Nama Soyu

## Oils

- Raw Organic Extra Virgin Coconut Oil
- Organic or Wild Cold Pressed Extra Virgin Olive Oil
- Cold Pressed Sesame Oil

## Spices/Salt

- Himalaya Salt
- Organic Herbs The Province
- Curry, Cinamon

## Sweeteners

- Raw Organic Honey
- Raw Agave Nectar
- Liquid Stevia
- Organic 100% Pure Maple Syrup

## Grains & Pasta

- Wild Rice – *Shilloh Farms*
- Quinoa – *Shilloh Farms*
- Buckwheat – *Shilloh Farms*

## Bread (refrigerated)

- Sprouted Bread – *Ezenkiel*
- Sprouted Bagels - *Alvarado*
- Sprouted Tortilla's - *Ezenkiel*

## Superfoods

- Goji Berries
- Maca
- Raw Nori Sheets
- Raw Carob Powder
- Green Powder

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### Skin Care

- Toothpaste – *Weleda*
- Deodorant – *Burt's Bees/Himalaya Salt*
- Hair Coloring – *Surya Henna Cream*
- Shampoo/Conditioner – *California Baby*
- Shaving Cream
- (Liquid) Soap – *Kiss my Face*

### Cleaning Supplies

- Dishwasher Detergent – *Ecover*
- Dishwashing Liquid - *Ecover*
- Laundry Detergent - *Ecover*
- Natural Laundry Whitener - *Ecover*
- All Purpose Cleaner - *Ecover*
- Murphy's Oil
- Vegetable Wash – *Earth Friendly Products*
- Window Cleaner – *Earth Friendly Products*
- Kitchen Cleaner – *Seventh Generation*
- Full Spectrum Light Bulbs