

## GROCERIES FOR A

# Happy Tummy

### PANTRY STAPES

- Chickpea Pasta
- Almond Flour
- Honey
- Maple Syrup
- Whole Grain Breads
- Tomato Sauce
- Diced Tomatos
- Vegetable Broth
- Almond Milk
- Rice
- Quinoa
- Rolled Oats
- Rice Cakes
- Granola
- Coconut Flakes
- Nut Butter
- Mixed Nuts
- Coconut Sugar
- 

### VEGETABLES

- Carrots
- Spinach
- Kale
- Broccoli
- Cauliflower
- Asparagus
- Bell Peppers
- Kale
- Cucumbers
- Corn
- Mushrooms
- Avocados
- Tomatos
- Potatoes
- Zucchini
- Squash
- Peas
- Onions
- 

### PROTEIN

- Tofu
- Black Beans
- Chickpeas
- Edamame
- Chia Seeds
- Hemp Seeds
- Lentils
- Tempeh
- Chicken
- Fish
- Eggs
- 

### FRUIT

- Apples
- Bananas
- Strawberries
- Cherries
- Cantaloupe
- Melons
- Grapes
- Oranges
- Peaches
- Kiwi
- Watermelon
- Pears
- Mango
- Blueberries
- Raspberries
- Blackberries
- Lemons
- Pineapple
- 

### DAIRY

- Greek Yogurt
- Cheese Sticks
- 2% Cottage Cheese
- Goat Cheese
- Feta Cheese
- Chocolate (duh...)

### CONDIMENTS & OILS

- Hummus
- Salsa
- Apple Cider Vinegar
- Vinaigrettes
- Mustard
- Herbs and Spices
- Extra Virgin Coconut Oil
- Coconut Oil
- Avocado Oil