

# GROCERY LIST

## BREAKFAST



- Oat groats.....
- Steel cut oats.....
- Medjool dates.....
- Ceylon cinnamon.....
- Flaxseed meal.....
- Chia seeds.....
- Hemp hearts.....
- Red lentils.....
- Unsweetened nondairy milk.....
- Cocoa powder.....
- Raw nuts & seeds.....
- Dried barberries.....
- Ground turmeric.....
- Onion powder.....
- Garlic powder.....
- Nutritional yeast.....
- Tofu.....