

Staples

Spices & Seasonings

(Note recipes that ask for dry and/or fresh herbs)

- Basil, dried
- Black pepper
- Black seed powder
- Bouillon, vegetable
- Cayenne
- Cinnamon
- Ginger
- Marjoram, dried
- Mint, fresh
- Nettle leaf tea
- Oregano, dried
- Parsley, fresh
- Red clover tea
- Rosemary, dried
- Sea salt
- Southwest blend seasoning or favorite seasoning, suggest 'Blend It Up'
- Tomato paste
- Tomatoes, can crushed
- Turmeric

Grains

- Penne or rotini pasta, spelt
- Quinoa
- Rice, brown and/or black and/or wild
- Spelt spaghetti

Nuts

- Almonds
- Walnuts (med. bag)

Liquids & Oils

- Agave nectar
- Apple juice
- Berry juice
- Lemon juice
- Olive oil
- Orange juice
- Vegetable oil
- Vegetable stock
- Wine, red or white



SIMPLE AND GOOD
ENTERPRISE

GROCERY LIST

W.O.O.D. CHALLENGES

WORKING
ON
OURSELVES DAILY

WOODCHALLENGES.COM
708-445-9693
LEVEL 1@WOODCHALLENGES.COM

Weeks 1

Fruits

- Cucumber
- Lime
- Pear

Weeks 2

Fruits

- Cherries, frozen or fresh
- Strawberries, frozen or fresh
- Strawberry Jam

Weeks 3

Fruits

- Blackberries, frozen or fresh
- Raspberry sorbet

Weeks 4

Fruits

- Mangoes, frozen or fresh
- Peaches, frozen or fresh

Vegetables

- Bell pepper, green
- Mushrooms
- Red onions
- Tomatoes, plum

Vegetables

- Broccoli
- Mushrooms
- Red onions
- String beans

Vegetables

- Bell pepper, green
- Bell pepper, red
- Mushrooms
- Red onions
- Spinach leaves

Vegetables

- Red onions
- Spinach leaves

Suggested Alkaline Food for your salad and smoothies

- Avocados
- Bananas
- Berries
- Raisins
- Kale
- Leeks
- Olives
- Scallions
- Aquatic Earth Mix
- Almond Milk
- Maple Syrup

SHOP SMART AND EFFICIENTLY

Please check your cupboard/pantry at home to see how many of the items on this list is accounted for.

Plan to stop by your grocery for 10 minutes to attain these items on the list, if you stay any longer it should be because you need other items to make your personal dishes.

PERISHABLE STAPLES

You should always have leafy vegetation in the fridge and frozen fruit in the freezer.

You should also keep an array of herbs handy. (Herbs are the key to vitality)

Never let any fruit go to waste, just freeze to use in a smoothie.