



HAPPY HEALTHY CAREGIVER GROCERY LIST

1. PRODUCE

- Any vegetable with the exception of corn and soy beans (avoid white potatoes). My favorite regulars include (organic when possible): romaine, spinach, cauliflower, carrots, celery, cucumbers, mushrooms, asparagus, green beans, sweet potatoes, onions, zucchini and sweet peppers
- Fresh fruit (limit bananas). My favorites include avocados, lemons, grape tomatoes, organic berries, watermelon, clementines, grapes, and honey crisp apples.

2. REFRIGERATED

- Naked rotisserie chicken
- Wild caught fish
- Grass fed beef
- Nitrate free bacon
- Organic pork and chicken
- Hummus
- Guacamole
- Unsweetened vanilla almond milk
- Organic plain Greek yogurt
- Eggs - organic, vegetarian fed and/or prepared hard-boiled eggs
- Kerrygold unsalted butter
- All beef hotdogs (Hebrew National) or Kielbassa brand sausage
- Boar's head lunch meat and pepperoni

3. FREEZER

- Organic berries for smoothies
- Organic vegetables
- Wild caught fish or shellfish

4. DRY FOOD

- Raw unsalted nuts (except peanuts which are legumes)
- Organic dark chocolate with 72% or more cacao
- Quinoa
- Raw almond butter
- Sparkling no sugar added water, such as La Croix
- Quest or RX protein bars

- Almond flour
- Organic olives and pickles
- Organic extra virgin olive oil
- Bragg's organic apple cider vinegar
- Organic Whey Protein for smoothies
- Chia seeds for smoothies
- Organic liquid stevia
- Organic green and herbal teas
- Organic ketchup and mustard
- Pink Himalayan crystal salt grinder
- Other seasoning (organic if possible): garlic powder, cinnamon, cayenne, parsley, basil
- Unsweetened shredded coconut

6. VITAMINS

- Fish oil
- Multi-vitamin
- Vitamin D