

Grocery Staples

1. Himalayan Salt
2. Black Pepper
3. Celtic Salt
4. Olive Oil
5. Coconut Oil
6. Avocado Oil
7. Raw Honey
8. Almond Flour
9. Coconut Flour
10. Ghee (butter alternative)
11. Swerve (sugar alternative)
12. Organic Stevia Sweetener by SweetLeaf Organics (for coffee)
13. Protein for smoothies (Hemp or vegan)
14. Wild Caught Fish
15. Antibiotic-Free organic chicken
16. Organic Beef
17. Pastured whole chickens that are not fed corn or soy (we've only been able to find at Whole Foods). A lot of the antibiotic-free organic chickens are fed with corn and soy which could be GMO.