

9 Things to Have In Your Shopping Cart



Leafy Greens

lettuces
chards
kales
bok choy
fresh herbs



Brassicas

cauliflower
broccoli
turnip
Brussels
radishes



Fruit

berries
mango
pomegranate
peaches
kiwi



Colourful Veg

carrots
asparagus
squashes
beets
radicchio



Alliums & Mushrooms

onions
garlic
leeks
mushrooms



Starches

tubers: sweet
potato, yam &
cassava
plantains
green bananas



Animal Protein

beef
pork
lamb
fish
eggs



Ferments

sauerkraut
plain yogurt
kefir
kim chi
cultured pickles



Healthy Fats

olive oil
avocado oil
butter/ghee
coconut oil
duck fat