

# 4EVERFIT365 GROCERY LIST

## BEVERAGES

- PurAqua Sparkling Flavored Water
- Friendly Farms Unsweetened Almondmilk
- any non-dairy milk products

## PRODUCE: VEGGIES

- Organic broccoli
- Organic cauliflower
- Simply Nature Organic Spring Mix
- Simply Nature Organic Chopped Kale
- Organic peeled baby carrots
- Organic avocados
- Organic bell peppers
- Organic grape tomatoes
- Season's Choice Frozen Cauliflower Rice
- Simply Nature Frozen Organic Broccoli Florets
- Brussels Sprouts

## PRODUCE: FRUIT

- Organic bananas
- Organic strawberries
- Organic blueberries
- Organic pink lady apples
- Cantaloupe
- Simply Nature Organic Frozen Blueberries
- Lemons
- Little Salad Bar Watermelon Spears
- Whole Pineapple

## SNACKS

- Southern Grove Dried Figs
- Southern Grove Dried Philippine Mango
- Simply Nature Organic Popcorn
- Clancy's Sea Salt Popcorn
- Simply Nature Cauliflower Crackers
- Southern Grove Pumpkin Seeds
- Southern Grove Pepitas
- Park Street Deli Kosher Dill Pickle Spears
- Benton's Coconut Cookie Thins
- Park Street Deli Classic Guacamole
- Kosher Dill Pickle Spears

## PROTEIN & CHEESE

- Simply Nature Plain Whole Fat Organic Yogurt
- Happy Farms Grass-Fed Irish Cheddar (only € serving)
- Never Any! Organic Whole Chicken
- Fremont Fish Market Wild Caught Salmon
- Fremont Fish Market Beer Battered Cod Fillets
- Fremont Fish Market Flounder Fillets
- Fremont Fish Market Northern Catch Sustainably
- Caught Chunk Light Tuna
- Simply Nature Organic Spinach or Italian Chicken Sausage
- Simply Nature grade A Organic Cage-Free Brown Eggs
- Simply Nature Organic String Cheese (only € serving)
- Never Any! Apple Maple Chicken Sausage
- Simply Nature Green Chili and BBQ Seasoned Chicken Sausage

## PANTRY STAPLES

### - DRY -

- Simply Nature Knock Your Sprouts Off 7 Grain Bread
- Simply Nature Organic Creamy Peanut Butter
- Southern Grove Chopped Pecans
- Southern Grove Chopped Walnuts
- Simply Nature Organic Spices
- Baker's Corner Almond Flour
- Simply Nature Chia Seeds
- Simply Nature Brown Whole Flax Seed
- Simply Nature Organic Chicken Bone Broth
- Chef's Cupboard Chicken Broth
- liveGfree Gluten Free Brown Rice Spaghetti
- Simply Nature Organic Quinoa
- Simply Nature Quick Cook Organic Brown Rice
- liveGfree Gluten Free Baking Mix
- Simple Nature Organic Black Beans
- Medjool dates with pits in

### - LIQUID -

- Simply Nature Organic Ketchup
- Simply Nature Organic Apple Cider Vinegar
- Simply Nature Organic Virgin Coconut Oil
- Simply Nature 100% Pure Cold-Pressed Avocado Oil
- Simply Nature Organic Extra Virgin Olive Oil
- Casa Mamita Organic Classic Salsa
- Simply Nature Organic Marinara or Tomato Basil Pasta Sauce
- Specially Selected Raw Honey
- Organic Antioxidant Power Juice
- Organic Cold Brew Coffee
- Simply Nature Wildflower Organic Honey

