YOUR RE-UP GROCERY LIST :)  
* all food is certified organic

BATH & BODY
- Bar Soap
- Body Wash
- Body Brushes & Scrubbers
- Cotton Swabs
- Bubble Bath
- Bath Bombs / Shower Steamers
- Shampoo (Liquid, Dry & Bar)
- Conditioner (Liquid, Leave-In & Bar)
- Deodorant
- Essential Oils
- Facial Serum
- Facial Oil
- Facial Cleanser (Liquid & Bar)
- Facial Cream
- Reusable Cotton Rounds
- Witch Hazel / Toner
- Rose Water Hydrosol
- Aloe Vera Gel
- Sweet Almond Oil
- Argan Oil
- Jojoba Oil
- Fractionated Coconut Oil
- Lotion
- Shea Butter
- Sunscreen
- Kids Sunscreen
- Floss & Floss Refills
- Toothpaste (Tabs & Paste)
- Electric Toothbrush Heads
- Mouthwash (Tabs & Liquid)
- Toothbrushes
- Shaving Bar
- Compostable Tampons & Reusable Period Products
- Razors & Blades
- Pet Shampoo & Conditioner

CLEANING
- Hand Soap
- Foaming Hand Soap
- Dish Soap
- Dish Block
- Dish & Pot Brushes
- All Purpose Cleaner
- Sal Suds
- Laundry Detergent (Powder, Liquid, Sheets)
- Period Laundry Sheets
- Dryer Balls
- Stain Remover (Liquid & Powder)
- Soda Ash
- Alcohol Sanitizer
- Distilled Vinegar
- Glass Cleaner
- Borax
- Toilet Strips / Bombs
- Toilet Paper
- Dr. Bronner’s
- Dishwasher Powder
- Rinse Aid
- Sponges & Scrubbers
- Reusable Paper Towels & Wipes

SWEETENERS
- Honey (Local & Clover)
- Bee Pollen
- Agave Nectar
- Maple Syrup
- Xylitol

DRIED FRUIT
- Mango
- Medjool Dates
- Cranberries
- Raisins
- Coconut Flakes
- Figs
- Apricots
- Goji Berries
- Persimmons
- Pineapple
- Pears
- Prunes

NUTS & SEEDS
- Raw Walnuts
- Raw Almonds
- Tamari Almonds
- Roasted & Salted Pistachios
- Raw Peanuts
- Raw Pecans
- Raw Cashews
- Roasted & Salted Cashews
- Garlic Herb Cashews
- Raw Pumpkin Seeds
- Tamari Pumpkin Seeds
- Raw Sunflower Seeds
- Chia Seeds
- Hemp Seeds
- Flax Seeds
- Sesame Seeds

COOKING OILS
- Olive Oil
- Sunflower Oil
- Canola Oil
- Avocado Oil
- Coconut Oil
- Sesame Oil
- Toasted Sesame Oil

VINEGARS
- Balsamic Vinegar
- Apple Cider Vinegar
- Red Wine Vinegar
- White Wine Vinegar
- Rice Wine Vinegar
- Tamari

FLIP ME OVER! !!
# COFFEE & TEA
- Kombucha
- Coffee (Decaf & Caffeine)
- Cold Brew
- Gunpowder
- Sencha
- Assam
- Yerba Maté
- Pu-erh
- Matcha
- Chai
- Earl Grey
- English Breakfast
- Golden Monkey
- Oolong
- Jasmine
- Genmaicha
- Raspberry Leaf
- Chamomile
- Peppermint
- Ginger
- Rooibos
- Garden of Eden Herbal

# NUT BUTTERS
- Peanut Butter
- Almond Butter
- Sunflower Seed Butter
- Tahini
- Chocolate Hazelnut

# LEGUMES
- Garbanzo Beans
- Green Lentils
- Red Lentils
- Black Beans
- Pinto Beans
- Split Peas
- Great Northern Beans
- Pea Protein Powder

# RICE
- White Basmati Rice
- Brown Basmati Rice
- Wild Rice
- Short Grain Brown Rice
- Long Grain Brown Rice
- Medium Grain White Rice
- Sushi Rice
- Jasmine Rice

# FLOURS
- All Purpose Flour
- GF Garbanzo Bean Flour

# BAKING
- Cane Sugar
- Coconut Sugar
- Chocolate Chips (Semi & Bitter Sweet)
- Cacao Nibs
- Cocoa Powder
- Vanilla Extract
- Baking Powder
- Baking Soda
- Corn Starch
- Nutritional Yeast
- Active Dry Yeast

# SNACKS
- Dark Chocolate Covered Almonds
- Chocolate Pecan Caramel Clusters
- Yogurt Covered Pretzels
- Yogurt Covered Raisins
- Maca Energy Chews
- Jelly Beans
- Gummy Bears
- Ginger Cubes
- Banana Chips
- Cult Crackers
- Coconut Date Rolls
- Northwest Trail Mix
- Antioxidant Trail Mix
- Chocolate Paradise Trail Mix
- Brown Rice Crispy Cereal
- Coconut Almond Granola
- Raspberry Crunch Granola

# PASTAS
- Gemelli
- Orecchiette
- Fusilloni
- GF Brown Rice Spirals

# SPICES & HERBS
- Salt (Celtic, Fine, Himalayan)
- Pepper (Whole & Ground)
- Chili Powder & Flakes
- Paprika
- Cayenne
- Coriander
- Curry Powder
- Cumin (Ground)
- Turmeric
- Cardamom Seeds
- Ginger Powder
- Garlic Powder
- Onion Powder
- Mustard Seed
- Nutmeg
- All Spice
- Cinnamon
- Oregano
- Rosemary
- Thyme
- Basil
- Bay Leaf
- Dill Weed
- Sage
- Spirulina
- Mushroom Powders
- CBD Products

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