



YOUR RE-UP GROCERY LIST :))

* all food is certified organic

BATH & BODY

- Bar Soap
- Body Wash
- Body Brushes & Scrubbers
- Cotton Swabs
- Bubble Bath
- 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
- Aloe Vera Gel
- Sweet Almond Oil
- Argan Oil
- Jojoba Oil
- Fractionated Coconut Oil
- Lotion
- Shea Butter
- Sunscreen
- Floss & Floss Refills
- Toothpaste (Tabs & Paste)
- Mouthwash (Tabs & Liquid)
- Toothbrush
- Shaving Puck
- Period Products
- Razors & Blades
- Pet Shampoo & Conditioner

CLEANING

- Hand Soap
- Foaming Hand Soap
- Dish Soap
- Dish Block
- Dish & Pot Brushes

CLEANING

- All Purpose Cleaner
- Laundry Detergent (Powder, Liquid, Sheets)
- Dryer Balls
- Stain Remover (Liquid & Powder)
- Soda Ash
- Alcohol Sanitizer
- Distilled Vinegar
- Glass Cleaner
- Borax
- Toilet Bombs
- Toilet Paper
- Dr. Bronner's
- Dishwasher Powder
- Rinse Aid
- Sponges & Scrubbers
- Reusable Paper Towels
- Cloth Wipes

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

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

NUTS & SEEDS

- Raw Walnuts
- Raw Almonds
- Tamari Almonds
- Almond Butter
- 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

NUT BUTTERS

- Peanut Butter
- Sunflower Seed Butter
- Tahini
- Chocolate Hazelnut Spread



FLOURS

- All Purpose Flour
- Yellow Masa Harina
- GF Garbanzo Bean Flour

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

GRAINS

- Thick Rolled Oats
- GF Rolled Oats
- Quick Oats
- Steel Cut Oats
- Brown Rice Crispy Cereal
- Quinoa
- Farro
- Popcorn

COFFEE & TEA

- Kombucha
- Coffee (Decaf & Caffeine)
- Gunpowder Tea
- Sencha Tea
- Assam Tea
- Yerba Maté Tea
- Pu-erh Tea
- Matcha
- Chai
- Earl Grey Tea
- English Breakfast Tea
- Golden Monkey Tea

COFFEE & TEA

- Oolong Tea
- Jasmine Tea
- Genmaicha Tea
- Raspberry Leaf Tea
- Chamomile Tea
- Peppermint Tea
- Ginger Tea
- Rooibus Tea
- Garden of Eden Herbal Tea

BAKING

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

SNACKS

- Dark Chocolate Covered Almonds
- Chocolate Pecan Caramel Clusters
- Yogurts 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

- GF Brown Rice Spirals

ZERO-WASTE

- Reusable Food Savers
- Bulk Produce & Grain Bags
- Reusable Food Ware

MUSHROOMS

- Lion's Mane Powder
- Turkey Tail Powder
- Cordyceps Powder
- Reishi Powder
- Chaga Powder
- Immune Support Blend

HERBS

- Oregano
- Rosemary
- Thyme
- Basil
- Bay Leaf
- Dill Weed
- Sage
- Spirulina
- Sprouting Seeds
- CBD Products

SPICES

- Salt (Celtic, Fine, Himalayan)
- Whole Peppercorns
- Pepper (Ground)
- Chili Powder
- Chili Flakes
- Paprika
- Cayenne
- Coriander
- Curry Powder
- Cumin (Ground)
- Turmeric
- Cardamon Pods
- Ginger Powder
- Garlic Powder
- Onion Powder
- Mustard Seed
- Nutmeg
- All Spice
- Cinnamon