

60 Days to Reclaim YOUR Health



FRESH PRODUCE

- ___ 6 tomatoes (Blended Salad, Guaca-Mater Sandwich, Marinara Sauce)
- ___ 1 red bell pepper (Blended Salad)
- ___ cilantro (Blended Salad)
- ___ 3 onions (Soup Stock, Split Pea Soup)
- ___ 2 leeks (Soup Stock)
- ___ 3 potatoes (Split Pea Soup)
- ___ 2 cups organic strawberries (Spinach-Berry Salad)
- ___ garlic (1 clove for Hummus, 1 clove for Guacamole, 3 for Soup Stock, 3 for Split Pea Soup)
- ___ lime (Guacamole)
- ___ 8 oranges (Smoothie, Fruit Salad)
- ___ 3 lemons (Hummus, Fruit Salad, use zest for Soup Stock)
- ___ 2 kiwi (Fruit Salad)
- ___ oregano leaves (Marinara Sauce)
- ___ 1 cucumber (Blended Salad)
- ___ basil (Marinara Sauce)
- ___ leafy greens (Blended Salad)
- ___ 2 avocados (Blended Salad, Guacamole)
- ___ 1 red onion (Marinara Sauce)
- ___ parsley (Soup Stock, Split Pea Soup)
- ___ 1 pound baby spinach (Spinach-Berry Salad)
- ___ green onion (Spinach-Berry Salad)
- ___ carrots (Soup Stock, Split Pea Soup)
- ___ celery (Soup Stock, Split Pea Soup)
- ___ 3 bananas (Smoothie, Fruit Salad)
- ___ 1 pineapple (Fruit Salad)
- ___ 1 cup grapes (Fruit Salad)
- ___ 2 cups strawberries (Fruit Salad)
- ___ 1 sprig thyme (Soup Stock) or dried

NUTS AND SEEDS

- ___ 1/2 cup slivered almonds (Spinach-Berry Salad)
- ___ 1/4 cup hemp seeds (Smoothie)
- ___ 2 Tbsp sesame seeds (Spinach-Berry Salad)
- ___ 1-1/2 cups pecans (Maple Nuts)

CANNED VEGETABLES OR DRIED BEANS

- ___ 1 can garbanzo beans (Hummus)
- ___ split peas (Split Pea Soup)

DRIED HERBS AND SPICES

- ___ cayenne pepper (Soup Stock, Split Pea Soup)
- ___ 4 whole allspice (Soup Stock)
- ___ course black pepper (Marinara Sauce, Guaca-Mater Sandwich, Popcorn "Chicken")
- ___ 2 bay leaves (Soup Stock, Split Pea Soup)
- ___ cumin, ground (Split Pea Soup)
- ___ cinnamon, ground (Split Pea Soup)

GRAINS

- ___ bread ("Ezekiel 4:9" is a good brand which may be in the frozen food section (Guaca-Mater Sandwich)

OTHER

- ___ raw honey (Spinach-Berry Salad, Fruit Salad)
- ___ extra virgin olive oil, flax or Udo's oil (Spinach-Berry Salad)
- ___ extra virgin olive oil (Hummus, Marinara Sauce)
- ___ roasted garlic (Marinara Sauce)
- ___ coconut oil (Popcorn "Chicken")
- ___ unrefined sea salt (Soup Stock, Split Pea Soup, Marinara Sauce, Hummus, Guacamole, Guaca-Mater Sandwich, Popcorn "Chicken")
- ___ 5-10 sundried tomatoes (Hummus)
- ___ salsa (Guacamole)
- ___ BarleyMax Berry (Smoothie)
- ___ maple syrup (Maple Nuts)
- ___ popcorn (Popcorn "Chicken")
- ___ nutritional yeast (Popcorn "Chicken")