Vitacost List –Top List $90

* 1-Pacific Natural Chicken Bone Broth 32oz
* 4-Pacific Natural Chicken Bone Broth 8oz
* 1-Sea Salt: FunFresh Food Himalayan or Celtic Fine ground
* 1-Coconut Aminos Original
* 1-Organic Coconut Oil (vitacost brand or any other)
* 1-Green Tea
* 1-Yogi Vanilla Perfect Energy Tea
* 1-Yogi Detox Tea
* 1-Chia Seeds 8-16oz (cheapest= chosen foods chia seeds 1lb)
* 1-Hemp Seed (NOW Foods Organic Hemp Seed Hears 8oz)
* 1-Coconut Manna
* 1-Coconut Flour (cheapest is Nutiva or Coconut Secret)
* 1-Tapioca Flour (Ener-G Pure Tapioca Flour)
* 1-Shredded Unsweetened Coconut (Let’s Do Finely Shredded)
* 3-Can Coconut Milk (Native Forest Classic)
* 1-Sea Tangle Kelp Noodle
* 1-Braggs Apple Cider Vinegar
* 1-Organic Black beans (if using in meal 19- sweet pot. Burgers)
* 1-Organic Garbanzo bean (optional for meal 5 salad)
* 2-Natural Sea Wild Salmon can
* 1-Organic garbanzo bean
* 1-Quinoa
* 9oz-Almond flour (NOW brand)

Check your pantry/spice drawer and make sure you have the following:

* 1-Olive Oil (NOW foods Ellyndale 16.9oz)
* Cumin
* Oregano
* Garlic Powder
* Onion Powder
* Clove
* Curry
* Cinnamon
* Sage
* Cayenne
* Dill
* Parsley
* Red Pepper Flakes
* Bay Leaf
* Vanilla (if buying get organic)
* Baking Soda
* Turmeric (vitacost 16oz)
* Jalepenos Jar
* Pepperoncinis Jar
* Balsamic Vinegar