Vitacost or Thrive Market List

* 3-Pacific Vegetable Broth 32oz
* 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
* 2-Chia Seeds 8-16oz (cheapest= chosen foods chia seeds 1lb)
* 2-Hemp Seed (NOW Foods Organic Hemp Seed Hears 8oz)
* 1-Coconut Manna (or other coconut butter)
* 1-Almond Flour
* 1-Shredded Unsweetened Coconut (Let’s Do Finely Shredded)
* 4-Can Coconut Milk (Native Forest Classic),
* 2-Sea Tangle Kelp Noodle
* 1-Braggs Apple Cider Vinegar
* 2-Organic Black beans
* 1-Organic Garbanzo bean
* 1-Great Northern Bean
* 2-Lentils
* 1-Natural Sea Wild Salmon can
* 1-Natural Tuna Fish
* 1-Quinoa
* 1-Almond Butter
* 3-Tomato paste jar
* 3-Pomi diced tomatoes (or other brand)
* 1-Kalamata olives
* 3-Cans Artichoke hearts (Reese or Native Forest, etc)
* 1-Nutritional Yeast
* 1-Mitoku Miso Paste
* 1-Caper

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

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