QUICK START GROCERY CHECKLIST

- [ ] Kale
- [ ] Broccoli
- [ ] Cabbage
- [ ] Collard Greens
- [ ] Arugula
- [ ] Swiss Chard
- [ ] Beets
- [ ] Sweet Potatoes
- [ ] Watercress
- [ ] Salmon
- [ ] Sardines
- [ ] Mackerel
- [ ] Black Beans
- [ ] Lentils
- [ ] Chickpeas
- [ ] Kidney Beans
- [ ] Pumpkin Seeds
- [ ] Chia seeds
- [ ] Flaxseeds
- [ ] Almonds
- [ ] Walnuts
- [ ] Oranges
- [ ] Kiwi
- [ ] Guava
- [ ] Blueberries
- [ ] Raspberries
- [ ] Olive Oil
- [ ] Avocado Oil
- [ ] Green Tea
- [ ] Garlic
- [ ] Ginger
- [ ] Cinnamon
- [ ] Turmeric
- [ ] Wild Rice
- [ ] Quinoa
- [ ] Steel-Cut Oats

Note: This is meant to be a quick start guide, not a complete list.

The Haitian Nutritionist LLC