

## Energizing Staples Shopping List

### Produce Section

- Apples
- Celery
- Peppers (red/green/yellow/orange)
- Bag of spinach/kale
- Potatoes (sweet/russet)
- Other: \_\_\_\_\_
- Oranges
- Carrots
- Head of lettuce
- Bananas
- Lemons

### Frozen Food Section

- Chopped Onion
- Blueberries
- Broccoli
- Frozen Fish
- Other frozen meat
- Other frozen veggies

### Spices/Cooking/Canned Fruits and Vegetables Section

- Sea salt
- Cayenne pepper
- Dried mushrooms
- Chopped Garlic Tube
- Extra virgin olive oil
- Grey Poupon mustard
- Tahini (sesame paste)
- Sunflower seeds
- Vegetable broth
- Chickpeas (canned)
- Slivered almonds
- Parsley
- Paprika
- Dried seaweed tube
- Chopped ginger tube
- Balsamic vinegar
- Horseradish
- Walnuts
- Pumpkin seeds
- Chicken/turkey broth
- Black beans (canned)

## Energizing Staples Shopping List

### Health Food/Organic Section

- Pasta d'Oro (gluten free noodles)
- Granola (any gluten free brand)
- Gluten free bread
- All natural peanut butter or almond butter
- Ground flaxseed
- Rice milk (unsweetened)
- Coconut Oil

### Dairy Section

- |  |                               |                                       |
|--|-------------------------------|---------------------------------------|
| <input type="checkbox"/> Real butter               | <input type="checkbox"/> Eggs | <input type="checkbox"/> Goat yogurt  |
| <input type="checkbox"/> Almond milk (unsweetened) |                               | <input type="checkbox"/> Swiss cheese |
| <input type="checkbox"/> Low fat mozzarella cheese |                               | <input type="checkbox"/> Sour cream   |

The "Energizing Staples Shopping List" is available as a PDF.

To download a copy, please go to:

[www.FatigueBeGone.com/shopping-list](http://www.FatigueBeGone.com/shopping-list)