

Haute Health Shopping List

Must Not Forget

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Fruit (organic)

- Apples
- Avocados
- Bananas
- Blueberries
- Boysenberries
- Blackberries
- Canteloupe
- Cherries
- Grapefruit
- Grapes
- Kiwi
- Lemons
- Lime
- Mango
- Oranges
- Pears
- Pineapple
- Strawberries
- Watermelon

Veggies and Other Produce

- Artichokes
- Arugula
- Asparagus
- Beets
- Bell Peppers
- Broccoli
- Carrots
- Celery
- Celery Root
- Cucumber
- Garlic
- Ginger
- Green Beans
- Kale
- Mushrooms
- Onions
- Radish
- Rutabaga
- Spring Mix
- Squash
- Sweet Potato
- Tomatos
- Watercress
- Zucchini

Superfoods

- Acai berry, powder
- Cacao, raw, powder
- Cacao, raw, paste
- Goji berries, dried
- Goji berries, powder
- Chia, powder
- Chia, seeds
- Coconut, shredded
- Coconut, butter
- Camu berry, powder
- Hemp seeds, hulled
- Lucuma, powder
- Maca Root, powder
- Matcha Tea, powder
- Maqui berry, powder
- Protein Powder, vegan
- Reishi Mushroom, ext.
- Sachi Inchi Seeds
- Wheatgrass, powder
- Yacon, syrup
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Frozen Goods

- Berries
- Herbs
- Ice Cream, dairy-free
- Mango
- Peas
- Pineapple
- Pizza Crusts
- Spinach
- Vegetables, mixed
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Beverages

- Almond Milk, unsweet
- Coconut Water
- Green Tea
- Hazelnut Milk
- Hemp Milk
- Kombucha
- Rice Milk
- Yerbe Mate
- Water, sparkling

Personal Care

- Acure Haircare
- Alvera Deoderant
- Himalayan OG. Toothpast
- Mineral Fusion Makeup
- Mycheclle Spot Treatmen
- Oil, massage
- Portland Bee Balm
- Simply Divine Skin Care

Dried Beans, Flours, and Grains

- Almond Flour
- Amaranth
- Buckwheat Flour
- Buckwheat Groats (kasha)
- Chickpeas
- Coconut Flour
- Lentils
- Millet
- Oats
- Quinoa
- Rice, black
- Rice, red
- Rice, wild
- Split Mung Beans

Dried Fruits, Nuts, & Seeds

- Almonds, raw
- Apples, dried, unsweetened
- Brazil Nuts, raw
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- Cashews, raw
- Cherries, dried
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- Coconut, unsweetened
- Cranberries, dried
- Dates, dried, unsweetened
- Figs, dried, unsweetened
- Flax Meal, ground flax seeds
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- Macadamia Nuts
- Nutritional Yeast
- Pine Nuts
- Pistachios
- Prunes, dried, pitted
- Pumpkin Seeds
- Sesame Seeds, black
- Sesame Seeds, white
- Sunflower Kernels, raw
- Walnuts, raw

Snacks

- Almond Butter, raw
- Food Should Taste Good Chips
- Guacamole, prepared
- Hail Mary Snack's (macaroons)
- Humbles Baked Hummus Chips
- Hummus, prepared
- Lara Bars
- Late July Snack Chips
- Lulu's Raw Chocolate
- Lundberg Farms Rice Chips
- Lydia's Organics' Bars
- Mary's Gone Crackers
- Olives, botija, sundried
- Steve's Cashew Ice Cream
- Zenbunni Raw Chocolate

Oils

- Avocado Oil
- Coconut Oil, extra virgin
- Olive Oil, unfiltered
- Pumpkin Seed Oil
- Sesame Oil, unfiltered
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Sauces/Bottled Goods

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- Balsamic Vinegar
- Coconut Aminos
- Coconut Milk (Aroy D)
- Chili Paste
- Mustard, dijon
- Tahini (ground sesame paste)
- Thai Curry Paste (red/green)
- Worcestershire Sauce
- Vinegar, Apple Cider
- Vinegar, Balsamic
- Vinegar, Champagne

Sweeteners

- Coconut Nectar, amber
- Honey, raw
- Maple Syrup
- Stevia, sweet drops
- Yacon, syrup

Spices

- Cayenne
- Chili Powder
- Clove, ground
- Coriander, ground
- Cumin, ground
- Fennel, seeds
- Ginger, ground
- Herbs d' provence
- Oregano
- Nutmeg, ground
- Pepper, black
- Thyme
- Turmeric

For Pets

- Food
- Litter
- Toys
- Treats
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Paper Products

- Coffee Filters
- Garbage Bags
- Parchment Paper
- Paper Towels
- Toilet Paper
- Wax Paper
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Supplements

- Aloe Vera, whole leaf juice
- Bee Pollen, local
- B Vitamin Complex, sublingual
- D3 (at least 2500 IU each)
- Kefir, coconut water (Inner Eco)
- Magnesium Oil
- Probiotics, Ultimate Force
- Probiotics, Progurt
- Sea Salt, pink Himalayan
- Trace Minerals Liquid
- Turmeric, capsules
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Cleaning Supplies

- Citrisolve all purpose cleaner
- Dish Soap, 7th Generation
- Dish Washer Liquid, 7th Gen.
- Laundry Detergent, 7th Gen.
- Method Floor Cleaner
- Sponges, biodegradable
- Vegetable and Fruit Wash
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Notes:

Haute Health