

# Healthy Groceries List

Awauu

Anything with salt (preferably sea salt)

Lemons

Spinach

Bananas

Kale

Tomatoes

Celery

Potatoes

Yogurt

Oranges

Coconut water

Lettuce

Milk

Garlic

Tea

Honey

Ginger (anti-nausea)

Any berries

Pomegranates

Avocados

Lentil

Apricot

Edamame

Eggplants

French Fries

Nut

Lima bean

Raisin

Broccoli

Seaweed

Garlic

Eggs

Dark chocolate (cocoa)

Pasta

Bread

-----

- Salmon (very important)
- Chicken/Chicken soup
- Beef
- Pork
- Broths
- Bacon
- Ham