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

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