

Veritas Basic Healing Diet- Meal Plan #2 Shopping List

These are the items you'll use based on VK Meal Plan #2. Some of these are staples that you may already have in your pantry. Some of these items will carry over into the following weeks— future VK meal plans will take these items into consideration so that they won't be wasted.

Natural Grocers Shopping List

Produce

- | | |
|--|---|
| <input type="checkbox"/> Romaine Lettuce | <input type="checkbox"/> 1 Avocado |
| <input type="checkbox"/> Lime | <input type="checkbox"/> 1 Head Cauliflower |
| <input type="checkbox"/> Fresh Cilantro | <input type="checkbox"/> 4 Zucchini |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> 2 Sweet Potatoes |
| <input type="checkbox"/> 3 Purple Potatoes | <input type="checkbox"/> 2 Red Peppers |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> 3 Lemons |
| <input type="checkbox"/> 1 Head Purple Cabbage | <input type="checkbox"/> |
| <input type="checkbox"/> 4 Carrots | <input type="checkbox"/> |
| <input type="checkbox"/> 4 Stalks Celery | <input type="checkbox"/> |

Refrigerated

- | | |
|---|---|
| <input type="checkbox"/> Eggs- 3 Dozen | <input type="checkbox"/> Chicken Breast |
| <input type="checkbox"/> 3 or 4 pound chuck roast | <input type="checkbox"/> 1 lb Ground Beef |
| <input type="checkbox"/> Prosciutto | <input type="checkbox"/> |
| <input type="checkbox"/> Nitrate Free Chicken Sausage | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |

Condiments & Spices

- | | |
|---|--------------------------|
| <input type="checkbox"/> Dijon Mustard | <input type="checkbox"/> |
| <input type="checkbox"/> Worcestershire Sauce | <input type="checkbox"/> |
| <input type="checkbox"/> Organic Cumin | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |

Bulk/Dry

- | | |
|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |

Frozen

- | | |
|--|--------------------------|
| <input type="checkbox"/> Black Eyed Peas | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |

Cans/Jars

- | | |
|---|--------------------------------------|
| <input type="checkbox"/> 3 Cans Organic, Diced Tomatoes | <input type="checkbox"/> 1 Jar Salsa |
| <input type="checkbox"/> 1 Can Organic Tomato Sauce | <input type="checkbox"/> |

Costco Shopping List

Produce

- | | |
|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |

Meat and Cheese

- | | |
|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |

Frozen and Dairy

- | | |
|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |

Baking

- | | |
|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |

Canned Foods & Other

- | | |
|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |