

# Grassfed Mama Sugar Detox Grocery List

| Produce                                     | Meat / Seafood                                   | Dairy                                   | Frozen Foods                                 | Breads / Pasta/ Beans                           | Canned Foods                          | Snacks                             |
|---|--|---|--|---|---------------------------------------|------------------------------------|
| <input type="checkbox"/> Apples             | <input type="checkbox"/> Bacon                   | <input type="checkbox"/> Butter         | <input type="checkbox"/> Frozen Vegetables   | <input type="checkbox"/> Brown Rice             | <input type="checkbox"/> Green Beans  | <input type="checkbox"/> Nuts      |
| <input type="checkbox"/> Berries            | <input type="checkbox"/> Chicken                 | <input type="checkbox"/> Cheese         | <input type="checkbox"/> Frozen Berries      | <input type="checkbox"/> Low Carb Pitas         | <input type="checkbox"/> Salmon       | <input type="checkbox"/> Popcorn   |
| <input type="checkbox"/> Carrots            | <input type="checkbox"/> Fish                    | <input type="checkbox"/> Eggs           | <input type="checkbox"/> Frozen Meat         | <input type="checkbox"/> Low Carb Tortillas     | <input type="checkbox"/> Tuna         | <input type="checkbox"/> guacamole |
| <input type="checkbox"/> Celery             | <input type="checkbox"/> Hamburger               | <input type="checkbox"/> Almond Milk    | <input type="checkbox"/> Cauliflower         | <input type="checkbox"/> Low Carb Lavash Breads | <input type="checkbox"/> Vegetables   | <input type="checkbox"/> hummus    |
| <input type="checkbox"/> Cucumbers          | <input type="checkbox"/> Pork Chops              | <input type="checkbox"/> Sour Cream     | <input type="checkbox"/> Broccoli            | <input type="checkbox"/> Sourdough Bread        | <input type="checkbox"/> Tomatoes     | <input type="checkbox"/>           |
| <input type="checkbox"/> Lettuce            | <input type="checkbox"/> Steak                   | <input type="checkbox"/> Greek Yogurt   | <input type="checkbox"/> Stir Fry Vegetables | <input type="checkbox"/> Quinoa                 | <input type="checkbox"/> Beans        | <input type="checkbox"/>           |
| <input type="checkbox"/> Pears              | <input type="checkbox"/> Ground Turkey           | <input type="checkbox"/> Cottage Cheese | <input type="checkbox"/>                     | <input type="checkbox"/>                        | <input type="checkbox"/> Coconut milk | <input type="checkbox"/>           |
| <input type="checkbox"/> Mushrooms          | <input type="checkbox"/> Ground Beef             | <input type="checkbox"/> Cream cheese   | <input type="checkbox"/>                     | <input type="checkbox"/>                        | <input type="checkbox"/>              | <input type="checkbox"/>           |
| <input type="checkbox"/> Tomatoes           | <input type="checkbox"/> Salmon                  | <input type="checkbox"/>                | <input type="checkbox"/>                     | <input type="checkbox"/>                        | <input type="checkbox"/>              | <input type="checkbox"/>           |
| <input type="checkbox"/> Onions             | <input type="checkbox"/> Sliced Deli Meat        | <input type="checkbox"/>                | <input type="checkbox"/>                     | <input type="checkbox"/>                        | <input type="checkbox"/>              | <input type="checkbox"/>           |
| <input type="checkbox"/> Squash             | <input type="checkbox"/>                         | <input type="checkbox"/>                | <input type="checkbox"/>                     | <input type="checkbox"/>                        | <input type="checkbox"/>              | <input type="checkbox"/>           |
| More Produce                                | Baking / Condiments                              | Beverages                               | Paper / Plastic                              | Cleaning Products                               | Toiletries                            | Miscellaneous                      |
| <input type="checkbox"/> Cabbage            | <input type="checkbox"/> Almond Flour            | <input type="checkbox"/> Coffee         | <input type="checkbox"/>                     | <input type="checkbox"/>                        | <input type="checkbox"/>              | <input type="checkbox"/>           |
| <input type="checkbox"/> Zucchini           | <input type="checkbox"/> Coconut Flour           | <input type="checkbox"/> Stevia Cola    | <input type="checkbox"/>                     | <input type="checkbox"/>                        | <input type="checkbox"/>              | <input type="checkbox"/>           |
| <input type="checkbox"/> Cauliflower        | <input type="checkbox"/> Coconut Oil             | <input type="checkbox"/> Tea            | <input type="checkbox"/>                     | <input type="checkbox"/>                        | <input type="checkbox"/>              | <input type="checkbox"/>           |
| <input type="checkbox"/> Garlic cloves      | <input type="checkbox"/> Mayonnaise              | <input type="checkbox"/> Green Tea      | <input type="checkbox"/>                     | <input type="checkbox"/>                        | <input type="checkbox"/>              | <input type="checkbox"/>           |
| <input type="checkbox"/> Mixed salad greens | <input type="checkbox"/> Mustard                 | <input type="checkbox"/> Oolong Tea     | <input type="checkbox"/>                     | <input type="checkbox"/>                        | <input type="checkbox"/>              | <input type="checkbox"/>           |
| <input type="checkbox"/> Broccoli           | <input type="checkbox"/> Peanut Butter, no sugar | <input type="checkbox"/> Chamomile Tea  | <input type="checkbox"/>                     | <input type="checkbox"/>                        | <input type="checkbox"/>              | <input type="checkbox"/>           |
| <input type="checkbox"/> Green Beans        | <input type="checkbox"/> Spices                  | <input type="checkbox"/> Lemon Juice    | <input type="checkbox"/>                     | <input type="checkbox"/>                        | <input type="checkbox"/>              | <input type="checkbox"/>           |
| <input type="checkbox"/> Melons             | <input type="checkbox"/> Stevia                  | <input type="checkbox"/>                | <input type="checkbox"/>                     | <input type="checkbox"/>                        | <input type="checkbox"/>              | <input type="checkbox"/>           |
| <input type="checkbox"/> Sweet potatoes     | <input type="checkbox"/> Sea Salt                | <input type="checkbox"/>                | <input type="checkbox"/>                     | <input type="checkbox"/>                        | <input type="checkbox"/>              | <input type="checkbox"/>           |
| <input type="checkbox"/>                    | <input type="checkbox"/> Cocoa Powder            | <input type="checkbox"/>                | <input type="checkbox"/>                     | <input type="checkbox"/>                        | <input type="checkbox"/>              | <input type="checkbox"/>           |
| <input type="checkbox"/>                    | <input type="checkbox"/> Cinnamon                | <input type="checkbox"/>                | <input type="checkbox"/>                     | <input type="checkbox"/>                        | <input type="checkbox"/>              | <input type="checkbox"/>           |