

# *Nutritional Rebirth Shopping List*

*This is a basic list which you can add to depending on the recipes you plan on making*

2 bunches bananas (freeze as they become ripe)

8 lemons

4 limes

6 oranges

5 pounds apples

2 containers cherry or grape tomatoes

3 English cucumbers

2 big containers of spinach (or a few bunches spinach)

6 bunches celery

1 package Romaine lettuce hearts

Other lettuce for salads, arugula, etc.

Red cabbage

Green cabbage

Red onion

1 bunch cilantro

Bag of carrots

Asparagus (lots)

Brussels sprouts (lots)

Sweet potatoes

Potatoes

1 package medjool dates

Frozen fruit:

- Pitaya
- Wild blueberries
- Mangoes

Teas (I suggest Traditional Medicinals)

- Lemon balm
- Hibiscus

Raw honey

Ginger