

### Superfoods Shopping List

Fruits	Vegetables	Other
Apple	Asparagus	Basil
Avocado	Beets	Brazil Nuts
Blackberries	Broccoli	Cayenne Pepper
Blueberries	Broccoli Sprouts	Cilantro
Cherries	Brussels Sprouts	Curcumin
Cranberries	Cabbage	Dark Chocolate
Mango	Carrots	Flaxseed Oil
Papaya	Cauliflower	Garlic
Pear cactus	Celery	Ginger
Pineapple	Chard	Green Tea
Raspberries	Collard Greens	Mint
Red Grapes	Kale	Papaya Leaf Tea
Tomatoes	Spinach	Parsley
		Red Wine
		Rosemary
		Walnuts