

DANIEL FAST SHOPPING LIST

31 Eden

DO

ALL VEGETABLES

Beets
Bell Peppers
Broccoli
Brussels Sprouts
Cabbage
Carrots
Cauliflower
Celery
Collard Greens
Garlic
Ginger
Green Beans
Kale
Mushrooms
Onions
Parsnips
Peas
Potatoes
Pumpkins
Spinach
Sweet Potatoes
Swiss Chard
Turnips
Squash

ALL FRUIT

Apples
Bananas
Cranberries
Grapes
Kiwi
Lemons
Limes
Mangoes
Oranges
Pears
Pineapples
Raspberries
Strawberries

WHOLE GRAINS

Amaranth
Barley
Brown Rice
Couscous
Oats
Quinoa
Millet

ALL LEGUMES

Black beans
Black eyed peas,
Cannellini beans
(white kidney beans)
Garbanzo beans
(chickpeas)
Great northern beans
Kidney beans
Lentils Lima beans
Pinto beans
Split peas.

ALL OILS

Avocado
Canola
Coconut
Grapeseed
Olive
Peanut
Sesame
Walnut

BEVERAGES

Black Coffee
Distilled Water
Filtered Water
Spring Water
Unsweetened Tea
Unsweetened Plant
Milks:
Almond Milk
Coconut Milk
Hemp Milk
Rice Milk
Soy Milk

OTHER

Herbs
Seasonings
Spices
Soy Sauce

~~DO~~

ALL MEAT

Bacon
Beef
Buffalo
Eggs
Fish
Lamb
Poultry
Pork

ALL DAIRY

Butter
Cheese
Cream
Ice Cream
Milk
Whipped Cream
Yogurt

ALL SWEETENERS

Agave Nectar
Artificial Sweeteners
Brown Rice Syrup
Cane Juice
Honey
Maple Syrup
Molasses
Raw Sugar
Syrups
Stevia
White Table Sugar

BAKED GOODS

Anything containing
yeast, baking powder,
or baking soda.

ALL DEEP FRIED

Corn Chips
French Fries
Potato Chips

ALL REFINED AND PROCESSED FOODS

Artificial Flavoring
Chemicals
Food additives
Preservatives
White Flour
White Rice

ALL SOLID FATS

Lard
Margarine
Shortening

BEVERAGES

Alcohol
Carbonated Drinks
Energy Drinks
Sweetened Tea