

# 7 day Immune System Boost Plan- The Shopping List

By all means, go through your house, check off the things you probably already have on the shelf like salt & pepper, and also make some room for you new items that maybe you don't have a home for yet

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Lemons

Bananas

Greek Yogurt

Graham Crackers

Peanut Butter

Strawberries

Almond Milk

Carrots

Baby Spinach

Fresh Basil & Oregano

Yellow Onion

Red Onion

Parsley

Apple juice

Orange Juice

White Grape Juice

Rolled Oats

Chia Seeds

Kalamata Olives

Light Cream Cheese

Strawberries

Blueberries

Blackberries

Raspberries

Garlic

Celery

Turmeric Powder

Cumin Powder

Cayenne Powder

Brown Rice

Quinoa

Avocados

Apple Cider Vinegar

Pumpkin OR Sunflower Seeds

Olive Oil

Grape Tomatoes

English Cucumbers

Golden Raisins

Large Bunches of Kale

Raw Honey

Roots of Ginger

Green Apples