



Doctor Ilene's Whole Foods Market Shopping List

- Ezekiel 4:9 Food for Life English Muffins
- Organic Girl Organic Romaine Leaf
- Blue Diamond Almond Breeze Unsweetened Vanilla Almond milk
- Organic Raspberries
- Lemons
- Atlantic Salmon Fillet
- Organic Garnet Sweet Potato (Yam)
- 365 Organic Baby Spinach
- Nuts About Florida Walnuts
- Halos Clementine's
- Organic girl Organic I Heart Baby Kale
- Organic Green Seedless Grapes
- Organic Bananas
- Annie's Homegrown Peanut Butter Chocolate Chip Organic Chewy
- Organic Fuji Apples

- Organic Avocados
- Cedar Organic Garlic Lovers Hummus
- Amy's Organic Lentil Soup
- Wallaby Organic Greek Low-fat Plain Yogurt
- Udi's Gluten Free Pizza Crust
- Bell & Evans Organic Boneless & Skinless Chicken Breast, Air
- Organic Valley Organic Extra-Large Brown Omega-3 Eggs
- Grass Fed 90% Ground Beef
- Organic Cucumber
- Organic Grape Tomatoes
- 365 Organic Boneless Skinless Chicken Thighs
- 365 Original Instant Oatmeal
- Stony field Organic Strawberry Organic Yogurt Drink
- Food for Life Ezekiel 4:9 Sprouted Grain Bread Low Sodium
- G.H. Cretors Organic Popped Corn Extra Virgin Olive Oil
- 365 Organic Riced Cauliflower
- Nuts About Florida Raw Cashews
- 365 100% Organic Apple Juice
- 365 No Salt Added Chunk White Albacore Tuna
- Organic Baby Carrots Washed & Peeled
- 365 Organic Whole Strawberries
- 365 Frozen Organic Wild Blueberries
- Organic Red Bell Pepper

- Organic Garlic
- Organic Celery
- Nature's Rancher Organic Ground Chicken Breast
- 365 Organic Garbanzo Beans
- Muir Glen Organic Tomato Paste
- 365 Creamy Almond Butter
- 365 Organic Creamy Unsweetened Peanut Butter
- Produce Red Creamer Potato
- 365 Organic Whole Kernel Sweet Corn No Salt Added
- Westbrae Natural Vegetarian Organic Black Beans
- Organic Valley Mozzarella Fancy Shredded Cheese
- Annie's Homegrown Chocolate Chip Organic Chewy Granola Bars
- Miracle Noodle Fettuccini
- Nuts About Florida Pistachios, No Salt Added, Roasted
- Organic Unrefined - Unfiltered Extra Virgin Olive Oil
- Nature's Earthly Choice Organic Premium Quinoa
- 65 Organic Ketchup
- 365 Organic Dijon Mustard
- 365 Organic Turmeric
- 365 Sea Salt Fine Crystals
- Organic Ginger Root
- 365 Organic Dark Red Kidney Beans
- Organic Almond Flour