



*Tracey E. LeBeau, CCHHC
In Pure Harmony, LLC*

www.inpureharmony.com
tracey@inpureharmony.com



Many of my clients and friends frequently ask me for my shopping list. The other day, a friend of mine who just moved into an apartment said that I should provide a shopping list so he can stock his new place. 20 minutes later I ran into another friend who asked me to give her a list of what to buy because she was heading out to do her shopping. 2 I took that as a gentle nudge (READ: “whack on the head”), that this is something that would be very useful to people who want to eat healthier but might not always know where to start so that they can have healthy food on hand at all times.

Below is a list of high quality food items that I always have in my house. I don’t necessarily buy all of this every week, but I buy them as needed for replenishment. If you are starting from scratch I would say to buy some of the longer-life items such as spices, oils etc. a little bit at a time.

Another point I would like to make is that I do all of my shopping at Whole Foods Market – which means no artificial colors, artificial flavors, preservatives, high-fructose corn syrup, artificial sweeteners etc. In addition, I buy all of my produce of the organic variety, which you can always recognize by the UPC label starting with a “9” (conventionally grown UPC’s start with “4”). There are some exceptions to when I will buy conventional rather than organic, but it will only be if it is not available as organic, which is rare.

One more note, this does not include household cleaners and beauty products, but I also buy all of these in Whole Foods Market and try to use the least allergenic and most environmentally friendly products I can and feel comfortable using. I know a lot of people think that it is really expensive to buy organic. While it is a little bit more, (I spend \$100 - \$150 on my total shopping per week), I don’t mind spending a little extra now because I know it will help save me money in medical costs later in my

life. Everyone needs to prioritize things that are important to them. For me, healthy food is at the top of my list and I am OK with maybe sacrificing some other things in my life in order to eat the most healthful food I possibly can. There are some foods that are more contaminated than others, and anything we consume either heals or hurts us, there is not much in-between. I explain much more about what areas are more important to spend the extra on in my Healthy Shopping Tour and in my coaching programs.



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- Mixed salad greens (spinach/romaine/arugula/radicchio/mesclun/herbs etc.)
- Baby carrots
- Kale or Collard Greens or Bok Choy or Swiss Chard or Beet Greens or any other dark leafy greens
- Ginger root
- Garlic
- Bell peppers
- Zucchini
- Celery
- Tomatoes
- All or some of the following: red, yellow, white, green onions
- Avocado
- Apples
- Bananas
- Lemons
- Limes
- Frozen Kale
- Frozen miscellaneous fruit
- Frozen goji berries
- Sweet potatoes – or yams or squash
- Raisins or dried cranberries or dried currants
- Pumpkin seeds (pepitas) or sunflower seeds or sesame seeds
- A WHOLE grain - Brown rice, quinoa, barley, millet, kamut etc.
- Whole oats
- Beans – black, garbanzo, pinto, kidney, cannellini etc.
- Nuts (raw)
- Almond butter
- Canned tomatoes
- Vegetable broth
- Canned soup containing vegetables and legumes
- Almond milk
- Coconut water (any preferred flavor)
- Agave nectar
- Stevia

- Green tea, peppermint tea or any other herbal tea
- Teecino (non-caffeinated coffee alternative)
- Corn tortillas
- Olive oil
- Vinegar
- Braggs amino acids (soy sauce alternative)
- Sea or Celtic salts
- Pepper corns
- Chili sauce
- Chili powder
- Paprika
- Ground cinnamon
- Turmeric
- Curry
- Ground cacao powder
- Flax seeds
- Popcorn kernels
- Spirulina or blue/green algae or green super-food powder
- Dark chocolate containing a minimum of 70% or more pure cacao

If you would like a more detailed, custom approach, I offer a Healthy Shopping Tour either as part of my 6-Month Platinum Program or as an individual service.

I hope this helps you all start to bump up the health quality of you foods

HOW TO GO FURTHER WITH YOUR HEALTH

1. Look for a program that offers 3 key elements: system, support and accountability.
2. Schedule a **Veg Out Strategy Session** with me to determine what program will best meet your needs. Email: tracey@inpureharmony.com
3. Start taking care of yourself now, because this is NOT a dress rehearsal, it is the real thing - YOUR LIFE!