

[FREE GROCERY LIST]

# The "Happy Gut" Shopping List

FOR A HEALTHIER & HAPPIER YOU

MAYA MAIZLECH



# The "Happy Gut" Shopping List

Date :



## FRUITS

Berries  
Goji Berries  
Papaya  
Banana  
Pineapple  
Oranges  
Cantaloupe  
Kiwi  
Mango  
Key limes

## VEGETABLES

Eggplant  
Tomatoes  
Cucumber  
Zucchini  
Green beans  
Celery  
Bok choy  
Green bell pepper  
Carrots  
Romaine lettuce  
Spring mix lettuce  
Avocados  
Sweet potatoes

## PROTEIN

Eggs  
Grass-fed beef  
Poultry  
Tuna  
Wild Salmon  
Tempeh  
Tofu  
Chickpeas  
Green lentils  
Bone Broth

## GRAINS | REPLACEMENTS

Quinoa  
Rolled or steel cut oats  
Sourdough spelt bread  
Oat flour  
Almond flour  
Coconut flour  
Zucchini noodles  
Chickpea pasta

## DAIRY/REPLACEMENTS

Goat cheese  
Feta cheese  
Cottage cheese  
Brie cheese  
Camembert cheese  
Cheddar cheese  
Plain Greek yogurt  
Plain Kefir  
Almond milk

## SNACKS

Kale chips  
Hummus  
Guacamole  
Plantain chips

## SWEETS

Dark Chocolate 75%+  
Medjool dates  
Coconut milk non-dairy whip cream

## EXTRAS | OILS

Macadamias  
Pumpkin seeds  
Sesame seeds  
Walnuts  
Sunflower seeds  
Flax seeds  
Chia seeds

## OILS

Olive oil (for salads)  
Avocado oil (for cooking)  
Coconut oil (for baking)



# Wanna Learn More?

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I'm Maya, IIN Certified Health Coach, and I'm so excited to share this free grocery list with you. Your gut is literally your second brain, and you're about to heal it!

To see if we can work together to find a path that works for your unique health journey, click on the button below for a free consultation.

[\*\*SCHEDULE A FREE CALL\*\*](#)