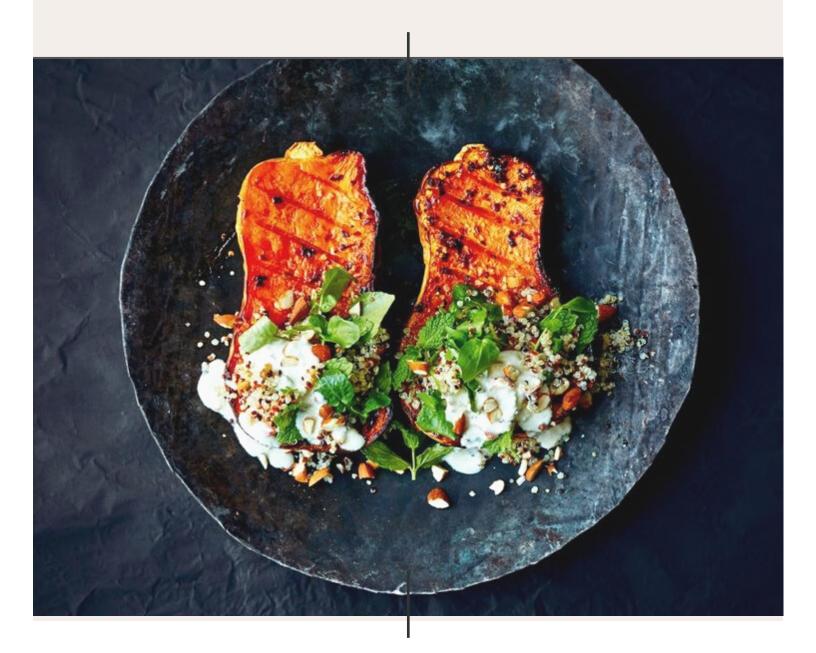
### [FREE GROCERY LIST]

# 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

#### **GRAINS | REPLACEMENTS**

Quinoa

Rolled or steel cut oats

Sourdough spelt bread

Oat flour

Almond flour

Coconut flour

Zucchini noodles

Chickpea pasta

#### **SWEETS**

Dark Chocolate 75%+

Medjool dates

Coconut milk non-dairy whip

cream

#### **VEGETABLES**

Eggplant

Tomatoes

Cucumber

Zucchini

Green beans

Celery

Bok choy

Green bell pepper

Carrots

Romaine lettuce

Spring mix lettuce

Avocados

Sweet potatoes

#### **DAIRY/REPLACEMENTS**

Goat cheese

Feta cheese

Cottage cheese

Brie cheese

Camembert cheese

Cheddar cheese

Plain Greek yogurt

Plain Kefir

Almond milk

#### **PROTEIN**

Eggs

Grass-fed beef

Poultry

Tuna

Wild Salmon

Tempeh

Tofu

Chickpeas

Green lentils

Bone Broth

#### **SNACKS**

Kale chips

Hummus

Guacamole

Plantain chips

#### 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?

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**