

Breakthrough Results Session Two Shopping List

Just so you can get a head start if you like, here is a shopping list for things you'll need to make some recipes after Class Two. Of course you shouldn't buy anything you don't like the taste of, and you may need to add things that aren't on this list, as we'll be talking about creating your own recipes in class two, but this will cover the basics:

- Organic bulk brown rice – about ½ lbs (feel free to buy more)
- Organic bulk black beans – about ½ lbs (feel free to buy more)
- Organic bulk chickpeas – about ½ lbs (feel free to buy more)
- Organic bulk Quinoa - about ½ lbs (feel free to buy more)
- Olive oil
- Dijon mustard
- Balsamic vinegar
- Salad greens
- Vegetables that you like that you can eat raw and cut up into salads
- Vegetables that you like that you can stir fry
- Some sort of fresh berries
- Some sort of raw nuts – walnuts, almonds, pecans, etc.....
- Cinnamon
- Garlic
- Raw honey if you can find it or agave nectar