



# Mr. Poop's Grocery List

*\*There are many other healthy food options!!*

## *Veggies*

Carrots, beets, broccoli, spinach, artichokes, collard greens, swiss chard, kimchi

## *Snacks*

Seaweed, nuts & seeds, humus, dried fruit,

## *Fruits*

Bananas, oranges, apples, mangos, strawberries, raspberries

## *Beverage*

Kefir, Kombucha, water

## *Grains*

Seven grain, dark rye, cracked wheat, pumpernickel and sourdough bread

## *Herbs & Spices*

Cinnamon, turmeric, ginger, garlic

## *Protein*

Beans and legumes, nuts & seeds, lean sources of meat, eggs, fish

## *Condiments*

Sauerkraut, miso, pickles (made of salt & water), mustard, extra virgin olive oil, olives, hemp hearts

## *Dairy*

Greek yogurt, cottage cheese, gouda cheese, organic milk

## *Other*

High quality multivitamin/  
multimineral supplement