

Date: _____

American Clinics for Preventive Medicine Shopping List
1343 Terrell Mill Road, Ste. 100; Marietta, GA 30067

Phone: 770-419-4471
 Email: info@acpm.net

Spices	Qty.	Herbs	Qty.	Fruits	Qty.	Vegetables	Qty.	Weekly Menu
Cayenne		Basil		Apples - small		Asparagus		Breakfast
Chili Powder		Cilantro		Apple (6 red, 4 green)		Alfalfa sprouts		
Cinnamon		Dill		Strawberry		Beet		
Cloves		Oregano		Avocado		Bok choy		
Cumin		Parsley		Banana		Broccoli		
Curry		Rosemary		Tomato		Butternut squash		
Dill Seed		Sage		Blueberry		Cabbage		
Garam masala		Thyme		Young coconut		Cabbage - red		
Garlic powder		Mint		Coconut dry flakes		Carrot		
Ginger powder		Irish Moss		Cranberry		Cauliflower		Lunch
Mustard powder		Fennel		Grapes		Celery		
Nutmeg		Nuts & Seeds		Lime		Collard		
Onion powder		Almonds		Mango		Corn (Org./Frozen)		
Paprika		Brazil Nuts		Lemon juice		Cucumber		
Pickling spice		Flax ground		Orange		Cucumber pickling		
Probiotic		Flax whole		Pineapple		Daikon		
Psyllium		Macadamia		Raspberries		Garlic		
Sea Salt		Pecans				Ginger (fresh)		
Tumeric		Pumpkin seeds				Green onion		
Vanilla bean		Rolled oats				Horseradish		
Vanilla powder		Sesame seed				Jalapeno		
Zaatar		Walnut				Jicama		
Condiments		Carob				Kale		Dinner
Apple Cider Vinegar		Beans & Grains				Lemon grass		
Apricot dried		Quinoa				Mung bean sprouts		
Rice vinegar		Basmati rice				Mushroom (Portabella)		
Chia seed		Millet				Napa cabbage		
Coconut butter		Black rice				Okra		
Date medjool		Garbanzo				Onion - Yellow		
Dulse		Lentils				Radishes		
Figs dried		Kidney beans				Red pepper		
Honey		Black beans				Romaine lettuce		
Miso		Black-eyed peas				Snow peas		Snacks
Nori flakes						Spinach		
Nori sheets						Sprouts		
Olive oil						Sunflower sprouts		
Raisins small						Zucchini		
Sesame oil						Yukon potatoes		
Sundried tomato organic		Notes:						
Tamari								
Beverages								
Distilled water								



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 Adapted from Jackie Gideon Graff's Shopping List

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