

Shopping list		Where to buy * X best deal	Watermart	Costco	Sams	Harmon's	Ocean Market
Big Stuff							
	Blend Tec Blender	Costco online					
	Water Ionizer		X				
	Juicer/Slicer	Kitchenaid					
	Dehydrator						
Stuff to stock							
Nuts and Seeds							
	Almonds			*X	*X	X	
	Pecans			*X	*X	X	
	Walnuts			*X	*X	X	
	Cashews						
	Sunflower seeds						
	Pumpkin seeds						
	Pine Nuts				*X		
	Sesame Seeds					X	*X
	Poppy Seeds					X	
Sweeteners							
	Agave		X	*X		X	
	Stevia					X	
	Real Maple Syrup			*X	*X	X	
	Raw Honey					X	
	sucanat					*X	
Berries							
	Frozen Berries			*X	X	X	
	Currents					X	
	Craisens			X		X	
	Variety raisins					X	

	Dates			*x	*x	x		
Asian								
	White Miso						*x	
	Tahini						*x	
	Fish sauce						*x	
	Tempeh Tofu							
Grains/ Rice/pasta								
	Whole Wheat flour/ White wheat			*x	x	x		
	Bob's Millet					*x		
	Bob's Oats					*x		
	Bob's Flax seed					x		
	Orzo					*x		
	Whole grain pastas			*x		x		
	Brown Rice					x	x	
Dried								
	Coconut flakes					*x		
	Kelp Noodles						x	
Legumes								
	Kidney Beans					x		
	Garbanzo Beans					x		
	Black Turtle Beans					x		
	Sprotued three bean mix			*x				
Oils								
	Extra Virgin Olive Dark Green			*x	*x	x		
	Coconut Oil					x		
	Flaxseed Oil					x		
	Sesame Oil					x		
Canned								
	lychee					x	x	
	Mandarin Oranges					x		
	Non Sweetened applesauce					x		
	tomatoes			x	x	x	x	

	sundried tomatoes			x	x	x		
Spices								
	A Vogel Trocomare seasoning Salt							
	Natural Yeast					x		
	Dijon and Brown mustards					x		
Vinegars								
	Various wines			x		x		
	Brown Rice						x	
	Umeboshi - plum						x	
	Raw Apple					x		
	Balsamic			x	x	x		
Stuff to by fresh as needed								
Produce								
	Wheat Grass							
	cabbage					x		
	Asian or Napa cabbage					x	*x	
	leafy greens-chard-kale-spinach			x	x	x	x	
	broccoli			x		x	x	
	cauliflower					x		
	onions white, purple, green and red			x	x	x		
	Peppers green, yellow and red			x	x	x		
	tomatoes			x	x	x		
	cucumbers			x	x	x		
	parsley					x		
	cilantro					x		
	mint leaves					x		
	apples			x	x	x		
	pears					x		
	carrots			x	x	x		
	celery			x	x	x		

