

Shopping List for the Goddess

*Everything on the list will help you become more beautiful & healthy from the inside out!
For the recipe, you can download the recipe book [from here!](#)*

FRUITS

- Apple
- Apricot
- Banana
- Blueberries
- Cherry
- Figs
- Grapes
- Grapefruit
- Kiwi
- Lemon
- Lychee
- Mango
- Melon
- Nectarine
- Orange
- Peach
- Pear
- Persimmon
- Pineapple
- Raspberries
- Strawberries
- Watermelon

VEGETABLES

- Artichoke
- Arugula
- Asparagus
- Avocado
- Bell Peppers
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumber
- Kale
- Lettuce
- Pumpkin
- Radishes
- Spinach
- Squash
- Sweet Potatoes
- Tomatoes
- Turnip
- Watercress
- Zucchini

HERBS & SPICES

- Basil
- Cilantro
- Coriander
- Cinnamon
- Cumin
- Ginger
- Nutmeg
- Pepper
- Rosemary
- Salt

NUTS & SEEDS

- Almonds
- Cashews
- Hazelnuts
- Macadamia Nuts
- Pecans
- Walnuts
- Chia Seeds
- Flax Seeds
- Hemp Seeds
- Pumpkin Seeds
- Sunflower Seeds