



# Mini Series Shopping List

	HAVE	NEED	QTY	NOTES
<b>INGREDIENTS:</b>				
Almond/ Dairy Free Milk				
Apple				
Avocado Fresh or Frozen				
Banana				
Blueberries Fresh or Frozen				
Chia, Ground				
Cinnamon, Ground				
Flax, Ground				
Ginger, Ground				
Hemp Seeds				
Maple Syrup, Real				
Oats				
Spinach				
Yogurt, Greek				
<b>Optional Ingredients</b>				
Protein Powder				
Pumpkin Seeds				
Shredded Coconut				

