



**SIMPLE
SHOPPING
LIST**

*4 Day Reset
Shopping List*

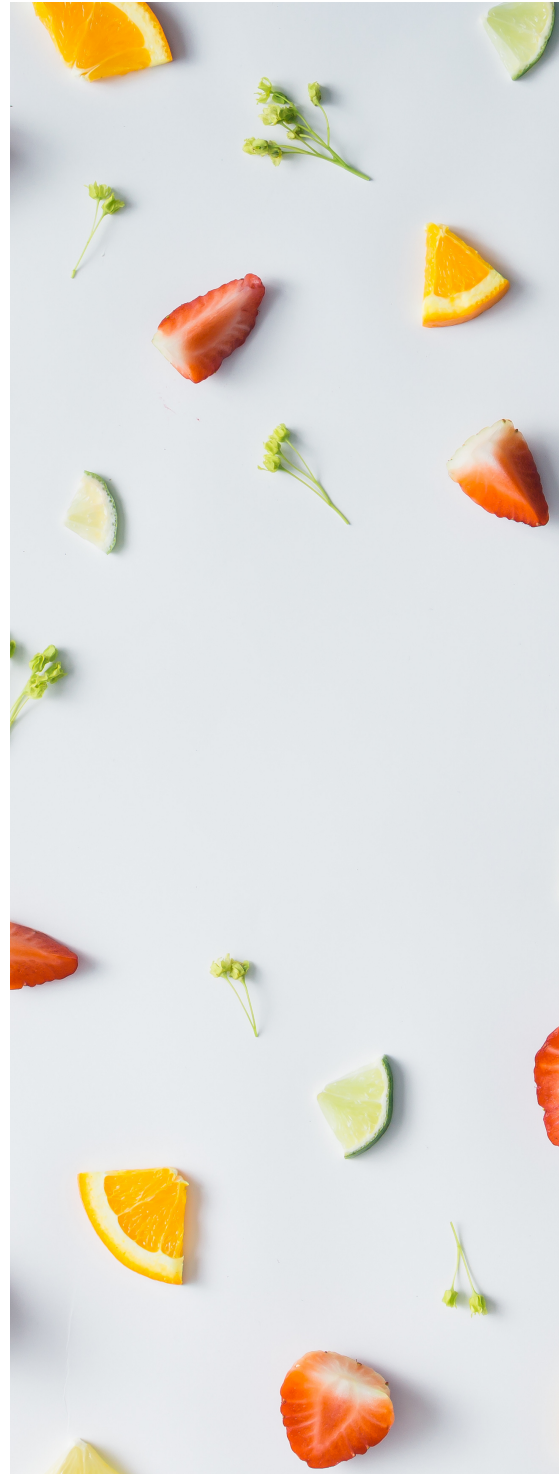
I make it easy to
shop for reset
items & help you
save \$\$\$

4 DAY RESET | LIZ DENNY WELLNESS COACHING

SHOPPING LIST

Fruits

- 02 Avocados
- 02 Bananas
- 1.5 c Blueberries
- 1.5c Raspberries
- 06 Lemons
- 03 Apples
- 1/4 c Raisins
- 1.5c Pineapple



SHOPPING LIST

Veggies

- 4c Spinach
- 1.5c Dandelion leaves
- 1.5c Red Cabbage
- 03 Sweet Potatoes
- 03 Sweet Onion
- 4c Lettuce
- 1/4 c Beets
- 01 Cauliflower



SHOPPING LIST

Nuts & Seeds

4tbl Flax Meal

1.5c Pumpkin Seeds

2tbl Chia Seeds

1.5c Shredded Coconut

Grains

2c Lentils

3c Quinoa



SHOPPING LIST

Herbs & Spices

2b Parsley

5cl Garlic

Sea salt

Black Pepper

Cinnamon

Ginger

Nutmeg

Basil



SHOPPING LIST

Pantry Items

5c Non Dairy Milk

1.5c Apple Cider Vinegar

1tbl Dijon Mustard

1.5c Extra Virgin Olive Oil

Liquid Sweetner

1ts Vanilla Extract

1.5c Red Wine

