CHEAT SHEET

I know it can feel overwhelming to start a new program but I believe in you 100%. I also believe in your commitment to your health and happiness.

There may be foods in this clean eating program that you have not heard of, so I wanted to make this simple cheat sheet so you have the tools and the power at your fingertips.

You can choose to shop on amazon.com or thrivemarket.com or you can find many of these foods locally as well.

Enjoy this divine journey.

WHERE TO BUY:

CHIA SEEDS
Costco
https://thrivemarket.com/p/thrive-market-organic-chia-seeds

FLAX SEEDS
Costco

COCONUT OIL
Costco
https://thrivemarket.com/p/nutiva-organic-virgin-coconut-oil

CRANBERRY CONCENTRATE
https://www.amazon.com/Dynamic-Health-Cranberry-Concentrate-liquid/dp/B000CPZV1Q/ref=sr_1_9_a_it?ie=UTF8&qid=1507567547&sr=8-9&keywords=cranberry+concentrate

RAW APPLE CIDER VINEGAR
Costco – Bragg's Organic Raw Apple Cider Vinegar
https://www.amazon.com/Bragg-Organic-Apple-Cider-Vinegar/dp/B00E3B30WW/ref=sr_1_1_sspa?s=grocery&ie=UTF8&qid=1506954696&sr=1-1-spons&keywords=RAW+APPLE+CIDER+VINEGAR&psc=1

SUPERFOODS
https://www.amazon.com/Amazing-Grass-Superfood-Spirulina-Probiotic/dp/B00112ILZM/ref=sr_1_3_s_it?s=grocery&ie=UTF8&qid=1506954894&sr=1-3&keywords=SUPERFOODS

CHLORPHYLL
https://thrivemarket.com/p/natures-way-chlorofresh-liquid-chlorophyll-mint

PROBIOTICS
https://www.amazon.com/Renew-Life-Probiotic-digestive-supplement/dp/B00FPNZBVA/ref=sr_1_1_a_it?s=grocery&ie=UTF8&qid=1506955446&sr=8-1&keywords=renew+life+50+billion

NETTLE TEA
https://www.amazon.com/Traditional-Medicinals-Organic-Nettle-Leaf/dp/B00142C0JM/ref=sr_1_4_s_it?s=hpc&ie=UTF8&qid=1507567619&sr=1-4&keywords=nettle+tea

DETOX TEA
https://www.amazon.com/Yogi-Detox-Count-Pack-Packaging/dp/B0009F3SAK/ref=sr_1_6_s_it?s=grocery&ie=UTF8&qid=1506955775&sr=1-6&keywords=DETOX+TEA

TOUNGE SCRAPER
https://www.amazon.com/Dr-Tungs-Tongue-Cleaner-Stainless/dp/B00064JGBO/ref=sr_1_4_s_it?s=beauty&ie=UTF8&qid=1524692808&sr=1-4&keywords=tongue+scraper&dpID=41SvE0L9pdL&preST=_SY300_QL70_&dpSrc=srch

CASTOR OIL
https://thrivemarket.com/p/aura-cacia-castor-oil

EPSOM SALT
https://www.amazon.com/365-Everyday-Value-Epsom-Pound/dp/B074MH1W96/ref=sr_1_5_s_it?ie=UTF8&qid=1524692689&sr=1-5&keywords=epsom+salt

COCONUT MILK
https://thrivemarket.com/p/thrive-market-coconut-milk-regular

CULTURED FOODS
https://bubbies.com
*please note you can buy this at whole foods, fresh market and most local markets
https://www.farmhouseculture.com
*please note you can buy this at whole foods, fresh market and most local markets