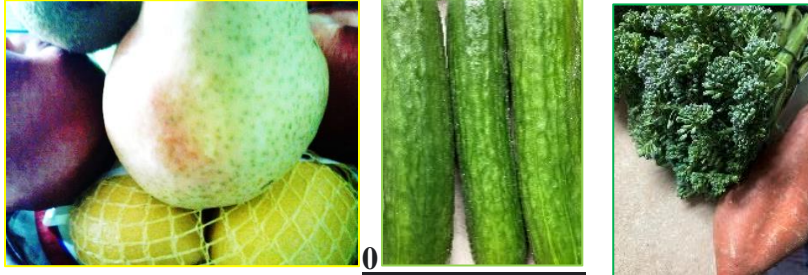


WHOLE FOODS Market - Part A*

KIWI, NECTARINE, PEAR, LEMONS / BABY CUKES & BROCCOLI; YAM



1. Organic produce** - fresh fruit & veggies & wild-caught fish**
2. **BOLTHOUSE FARMS** ** juices from CA, e.g.
 - a. 100% Carrot (American Heart Association Certified; also helps sleep apnea & respiratory issues)
 - b. Berry Boost ((berries - blackberry, raspberry, strawberry), apple, banana +) add ginger - helps sinuses, upper & lower respiratory system
3. **BRAGG** ** Organic
 - a. Olive Oil
 - b. Apple Cider Vinegar
 - c. Apple Cider Vinegar Drink - Pomegranate - Goji Berry 16 oz
4. **EVOLUTION FRESH** ** Organic juices of California
 - a. Greens & Ginger (celery, kale, spinach+)
 - b. Ruby Roots (beet, carrot +)
5. **GARDEN OF FLAVOR** ** Cold Pressed-Pure Joy Juice Cleveland OH local, e.g. The Grasshopper (greens, fruit, wheatgrass + - good plant protein)
6. **Lakewood** Pomegranate Juice*** organic, fresh pressed
7. **Simply Organic**
 - a. Ginger
 - b. Cayenne
8. **Whole Foods** Hearth Breads (**baked on-site**) e.g. Seduction (whole, multigrain - barley, millet, honey, wheat +); other multigrain bread
9. **Y.S. Organic Bee Farms** USDA Organic 100% Certified Organic Raw Honey

Notes:

* recommended

** Heinen's Grocery Store has some

*** Heinen's & Giant Eagle also

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