

# DANIEL FAST SHOPPING LIST

DO

## ALL VEGETABLES

Beets  
Bell Peppers  
Broccoli  
Brussels Sprouts  
Cabbage  
Carrots  
Cauliflower  
Celery  
Collard Greens  
Garlic  
Ginger  
Green Beans  
Kale  
Mushrooms  
Onions  
Parsnips  
Peas  
Potatoes  
Pumpkins  
Spinach  
Sweet Potatoes  
Swiss Chard  
Turnips  
Squash

## ALL FRUIT

Apples  
Bananas  
Cranberries  
Grapes  
Kiwi  
Lemons  
Limes  
Mangoes  
Oranges  
Pears  
Pineapples  
Raspberries  
Strawberries

## WHOLE GRAINS

Amaranth  
Barley  
Brown Rice  
Couscous  
Oats  
Quinoa  
Millet

## ALL LEGUMES

Black beans  
Black eyed peas,  
Cannellini beans  
(white kidney beans)  
Garbanzo beans  
(chickpeas)  
Great northern beans  
Kidney beans  
Lentils Lima beans  
Pinto beans  
Split peas.

## ALL OILS

Avocado  
Canola  
Coconut  
Grapeseed  
Olive  
Peanut  
Sesame  
Walnut

## BEVERAGES

Black Coffee  
Distilled Water  
Filtered Water  
Spring Water  
Unsweetened Tea  
Unsweetened Plant  
Milks:  
Almond Milk  
Coconut Milk  
Hemp Milk  
Rice Milk  
Soy Milk

## OTHER

Herbs  
Seasonings  
Spices  
Soy Sauce

~~DO~~

## ALL MEAT

Bacon  
Beef  
Buffalo  
Eggs  
Fish  
Lamb  
Poultry  
Pork

## ALL DAIRY

Butter  
Cheese  
Cream  
Ice Cream  
Milk  
Whipped Cream  
Yogurt

## ALL SWEETENERS

Agave Nectar  
Artificial Sweeteners  
Brown Rice Syrup  
Cane Juice  
Honey  
Maple Syrup  
Molasses  
Raw Sugar  
Syrups  
Stevia  
White Table Sugar

## BAKED GOODS

Anything containing  
yeast, baking powder,  
or baking soda.

## ALL DEEP FRIED

Corn Chips  
French Fries  
Potato Chips

## ALL REFINED AND PROCESSED FOODS

Artificial Flavoring  
Chemicals  
Food additives  
Preservatives  
White Flour  
White Rice

## ALL SOLID FATS

Lard  
Margarine  
Shortening

## BEVERAGES

Alcohol  
Carbonated Drinks  
Energy Drinks  
Sweetened Tea