



GROCERY

L I S T

H U T C H I N M O T I O N

A P P R O V E D



S E E D S + N U T S

S E E D S

C H I A

F L A X

H E M P

P U M P K I N

S E S A M E

S U N F L O W E R

N U T S

A L M O N D S

B R A Z I L N U T S

C A S H E W S

C O C O N U T S

H A Z E L N U T S

M A C A D A M I A N U T S

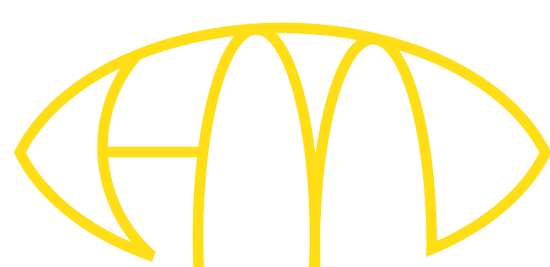
P E A N U T S

P E C A N S

P I N E N U T S

P I S T A C H I O S

W A L N U T S





L E G U M E S

B L A C K B E A N S

B L A C K E Y E P E A S

C H I C K P E A S

F A V A B E A N S

G R E E N P E A S

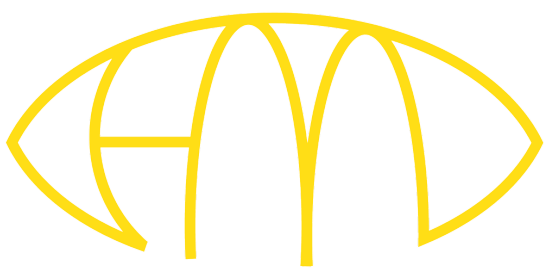
K I D N E Y B E A N S

**L E N T I L B E A N S
(S P L I T P E A S)**

M O T H B E A N S

M U G B E A N S

P I N T O B E A N S





W H O L E G R A I N S

A M A R A N T H

B L A C K R I C E

B R O W N R I C E

B U C K W H E A T

B U L G E R

K A M U T

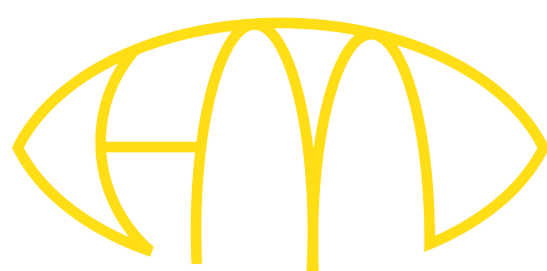
M I L L E T

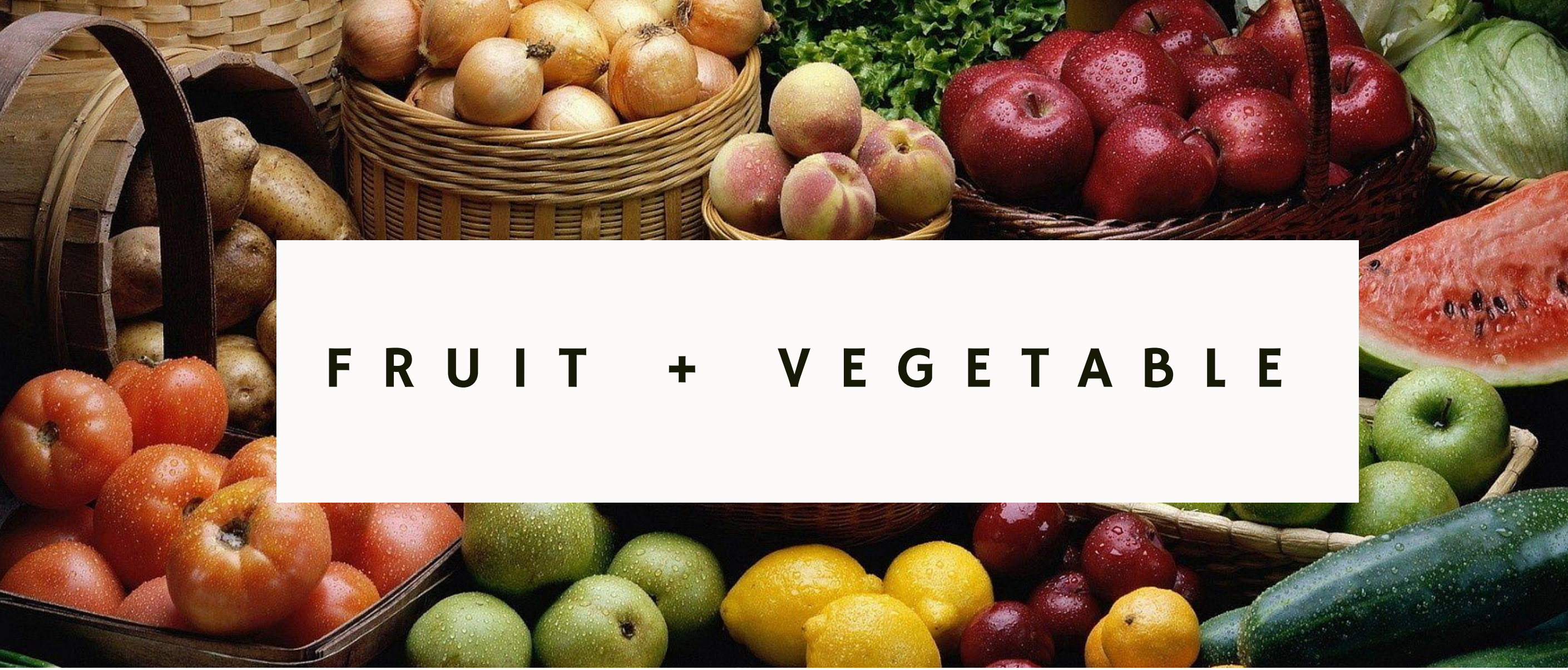
Q U I N O A

S O R G H U M

T E F F

W I L D R I C E





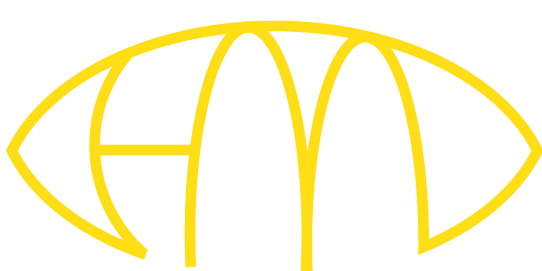
F R U I T + V E G E T A B L E

F R U I T S

- A P P L E
- A V O C A D O
- C H E R R Y
- C H E R I M O Y A
- D A T E S
- D U R I A N
- D R A G O N F R U I T
- F I G S
- G R A P E F R U I T
- G R A P E S
- G U A V A
- J A C K F R U I T
- K O R E A N P E A R
- K U M Q U A T
- L E M O N S
- L O N G A N S
- M A N G O S T E E N
- O R A N G E S
- P A M E L O
- P A S S I O N
- F R U I T
- P E A R S
- P I N E A P P L E
- P O M E G R A N A T E
- P L U M
- R A M B U T A N
- S T A R F R U I T
- W A T E R M E L O N

V E G E T A B L E S

- C E L E R Y
- C I L A N T R O
- D A N D E L I O N
- K A L E
- L A M B S Q U A R T E R S
- L E T T U C E
- O K R A
- P A R S L E Y
- P U R S L A N E
- P O K E S A L A D
- S E A V E G E T A B L E
- T U R N I P
- W A T E R C R E S T
- Z U C C H I N I





SEASONING

SEASONING

A C H I O T E

A N N A T T O

B A S I L

B A S I L (S W E E T)

B A Y L E A V E S

B E L L P E P P E R

B L A C K P E P P E R

C A Y E N N E

C I L A N T R O

C L O V E S

C U R R Y L E A V E S

D I L L

O N I O N

O R E G A N O

P A R S L E Y

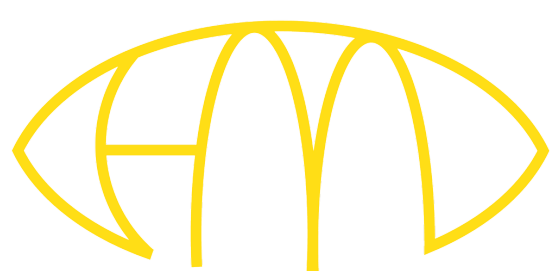
P I M E N T O

S A V O R Y

T A R R A G O N

T O M A T O

T H Y M E





HERBS + MINERALS

YOUTH

CHAGA

FO-TI

GOJI BERRIES

GOTU KOLA

RED GINSENG

REISHI
MUSHROOMS

LIVER

TURMERIC

MILK THISTLE

REGENERATION

BUGLEWEED

BURDOCK ROOT

BLUE VERVAIN

ELDERBERRY

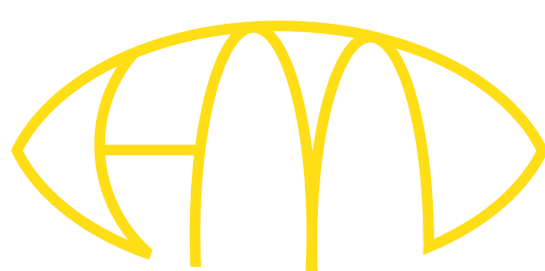
KALAWALLA

MORINGA

PAVANA HERB

GUACO

YELLOW DOCK





HERBS + MINERALS

TESTOSTERONE

EPI M E D I U M

G O T U K O L A

M U C U N A G I G A N T E A

P A N A X G I N S E N G

P O L Y P O D I U M
V U L G A R E

S A R S A P A R I L L A R O O T

S A W P A L M E T T O

A S H W A G A N D H A

A S T R A G A L U S R O O T

C U P H E A P A R S O N S I A

L E P I D I U M M E Y E N I I

M U S L I

S A F F R O N

T A N G K A T A L I

T R I B U L U S
T E R R E S T R I S

Y O H I M B E B A R K

MINERALS

M O N A T O M I C S

