

**December 2014**

**Grocery List for Mirabai Devi**

**Shopping List**

"So" Coco Creamer -French Vanilla  
Almond Milk – Vanilla Flavor  
Almond Milk - Unsweetened  
Organic and Free Range Eggs -Unfertilized if possible  
Mozzarella Cheese Sticks  
Hard Sheep's milk Cheese, Sharp and Tangy Pref. Lambchopper.  
Feta Cheese  
Block of fresh Parmesan Cheese from Italy  
White Sharp Cheddar Cheese  
Organic Butter

"Traditional Medicinals" Organic Peppermint Tea Bags  
"Guayaki" - Yerba Mate Organic Tea Bags "Greener Green"  
Guayaki- Yerba Mate Organic Mint Mate

Udi's Gluten- Free White Sandwich Bread

Organic White Potato French Fries (Frozen)(only for occasional use)

"Field Roast" Vegan Sausage-Smoked Apple Sage flavor

Raw Almonds (whole)  
Organic Oatmeal Flakes  
Raw Honey  
Raw Agave Nectar  
Soy Mayonnaise  
Blue Sesame Rice Crackers  
Green Olives – mild  
"Shoyu" Organic Soy Sauce  
Brown Rice - Whole Grain  
Rice Penne Pasta  
Tomato Pasta Sauce – cheese, or basil,or arrabiata flavor  
Organic Coconut Oil  
Extra Virgin Olive Oil  
Organic Ghee  
"A.Vogel" Herbamare Original – herb seasoning salt

20oz. Bottles of "Smart Water" (Only if there is no filter water there)

Organic White & Red Grape Juice  
Pomegranate Juice  
“Synergy” Kombucha (first choice Grape, second choice raspberry, third choice  
rasberry or Mango)  
Coconut Water

Kale- lacinto(dinosaur) and Curly Kale  
Brown Russet Potatoes: red, or Yellow Potatoes  
Fresh Herbs – Parsley, Cilantro, Marjoram, Basil  
Spring Green Salad Mix  
Lemons  
Limes  
Avocados  
Asparagus  
Fresh Whole Tomatoes – heirloom preferably

Whole Fresh Artichokes  
Grapefruits  
Oranges  
Red Apples  
Pineapple  
Bak Choy  
Carrots  
Berries – All kinds  
Zucchini  
Mangoes  
Red Grapes(sweet)

NO fresh ONIONS or GARLIC ever

Her Favorite Quiche Recipe includes the following Items:

Eggs  
Almond Milk  
Asparagus  
Goat Cheese  
Zucchini  
Spelt Flour for crust  
Butter

Paper products: Paper Towels, Napkins, TP  
Laundry Supplies-Lavender Organic Detergent.  
Cleaning Supplies

Rose Water  
Incense

Flowers- prefers roses if available: Favorite color is purple/ lavender