

# Travel List!

- Mixed Greens
- Raw Vegetables – Carrots, Celery, Sweet Peppers, Cucumbers, Radishes, Zucchini, Summer Squash, Sweet Potatoes, Red Cabbage, Broccoli, Peas, Tomatoes, Beets and Beet Greens
- Lightly Steamed Vegetables – Sweet Potatoes, Cauliflower, Broccoli, Brussels Sprouts, Beets, Carrots, Cooked Mushrooms
- Fruit – Avocados, Apples, Bananas, Grapes, Blueberries, Strawberries
- Nuts/Seeds/Dried Fruit – Walnuts, Almonds, Almond Butter, Tahini, Prunes, Goji Berries, Dates
- Spring Water, Almond/Pumpkin Seed Milk and **ICE**
- Braggs Raw Apple Cider Vinegar
- Jars of Organic Tomato Paste
- Sprouted Beans – Mung Beans, Garbanzo Beans, Lentils...
- Spices – Garlic Powder, Basil, Oregano, Ginger, Cayenne Pepper, Turmeric, Black Pepper, Parsley, Fennel Seed, Thyme (See Spice Benefits Free Printable)
- Stuffed Portobello Mushrooms, Organic Hard Boiled Eggs,
- Hair and Body Care - Alaffia African Black Soap – Lavender/Ylang Ylang, Combs, Argan Oil, Hair Accessories
- Cleaning items - Dr. Bronner's Liquid Soap – Lavender, H2O2, Paper Towels, Laundry Bag
- Facial Care – Grape Seed Oil, Now Organic Argan Oil, Zum Lip Balm, Eyeliner, Circle Delete Concealer
- Oral Care - Thieves AromaBright Toothpaste, Floss, Tongue Cleaner,
- Eating Tools – Bowls, Glasses, Silverware,
- Clothes for the season - coats, sweaters, shoes, boots, under garments
- Technology – Cellphones, Chargers, Computer,