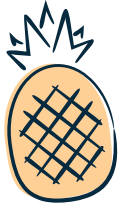


# Food & Grocery List

*for a white smile*



## *Fruits*

- Pineapple
- Apples
- Kiwis
- Strawberries
- Lemons
- Oranges



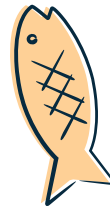
## *Vegetables*

- Carrots
- Broccoli
- Celery
- Cauliflower
- Onions



## *Greens*

- Kale or chard
- Basil



## *Meat & Grains*

- Salmon
- Quinoa



## *Nuts & Seeds*

- Sesame seeds
- Almonds
- Pumpkin seeds
- Sunflower seeds
- Walnuts
- Cashews



## *Dairy*

- Milk
- Yogurt
- Aged cheese
- Soft-ripened cheese
- Blue cheese