



# I AM WORTHY OF A LONG, HAPPY, AND HEALTHY LIFE.

## PANTRY

### SUPER FOODS & OTHERS:

Acai	Chaga	Pollen	Whole Psyllium Husk
Aloe Vera	Goji Berries	Reishi	
Blue & Green Algae	He Sho Wu	Spirulina	
Cacao	Maca	Tocotrienols	
Carob	Noni	Vanilla Bean	

### SEA VEGETABLE:

Alarea	Irish moss	Pacific Arame	Sea Lettuce
Dulse granules	Kelp granules	Pacific Wakame	Sea palm
Hiziki	Kelp noodles	Raw Nori Sheets	

### DRIED & SUN DRIED

Apricots	Medjool Dates	Sun Dried Olives
Currants	Raisins	Sun Dried Tomatoes

### NUTS, SEEDS & GRAINS:

Almonds	Cashews	Macadamia Nuts	Sesame Seeds
Amaranth	Chia Seeds	Millet	Sunflower Seeds
Black Sesame Seeds	Golden Flax Seeds	Pecans	Walnuts
Brazil Nut	Hazelnuts	Pine Nuts	Wheat
Brown Flax Seeds	Hemp Seeds	Pumpkin Seeds	
Buckwheat	Kamut	Quinoa	

### SWEET:

Stevia  
Xylitol

### OILS & BUTTERS:

Coconut Butter  
Coconut oil (Raw)  
Olive oil  
Sesame seed oil