

Grocery list :

What you spend half an hour on writing, then forget to take with you to the store.



- *Broccoli*
- *Lemons, Apples*
- *Blueberries*
- *Salmon, Pilchards and Oily Fish*
 - *Walnuts, Almonds*
 - *Sweet potatoes*
 - *Avocados*
- *Spinach and Dark leafy vegetables*
 - *Oatmeal and wheat germ*
 - *Plain yoghurt*
 - *Beans, pulses*
 - *Garlic*
 - *Olive oil*