

CONNECT
LIFE CHURCH



YOUR DANIEL FAST GROCERY GUIDE

SCROLL DOWN AND USE THESE
LISTS FOR YOUR NEXT
TRADER JOE'S RUN!



FRUITS & BEVERAGES

(INCLUDE BUT ARE NOT LIMITED TO)



Apricots

Avocados

Bananas

Berries

Cantaloupe

Cherries

Coconut

Grapes

Grapefruit

Green apples

Kiwi

Oranges

Peaches

Pears

Plums

Prunes

Strawberries

Tangerines

Watermelon

Water

100% fruit juice – no
sweeteners

Almond milk,
unsweetened

Coconut milk,
unsweetened

All natural teas
(decaffeinated)

VEGETABLES

(INCLUDE BUT ARE NOT LIMITED TO)



Artichokes	Mesclun
Arugula	Mushrooms
Asparagus	Mustard greens
Bell peppers	Nut butters
Bok choy	Okra
Broccoli	Onions
Brussels sprouts	Quinoa
Cabbage	Radish
Cauliflower	Sea Vegetables
Celery	Shiitake mushrooms
Collard greens	Snap peas
Cucumbers	Spinach
Dandelion Greens	Squash
Eggplant	Swiss chard
Fennel	Tofu (organic)
Green beans	Tomatoes
Jicama	Watercress
Kale	Zucchini
Leeks	
Lemons	
Lettuce	
Limes	

WHOLE GRAINS, BEANS & OILS



Brown rice

Black rice

Bulgur (cracked
wheat)

Oats (old fashion or
steel cut)

Organic cornmeal

Organic corn tortillas

Millet

Polenta

Quinoa

Sprouted grain bread

Sprouted grain
tortillas

Pastas: (eat sparingly
– except shiritaki
noodles which can be
eaten freely)

Adzuki Beans

Black beans

Black-eyed peas

Fava beans

Kidney beans

Pinto beans

Garbanzo beans

Lentils

Lima beans

Navy beans

Split peas

White beans

Coconut oil

(raw, unrefined)

Coconut butter

Flaxseed oil

Extra Virgin Olive oil

Walnut oil