



# February Grocery List

Heart & Connection | Warm, Nourishing, Supportive

*You don't need everything on this list. Choose a few staples and repeat them.*

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## Produce (Heart & Circulation Support)

- Beets
  - Carrots
  - Sweet potatoes
  - Spinach, chard, or kale
  - Onions
  - Garlic
  - Lemons
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## Protein Sources

### Animal-Based

- Eggs
- Fish (fresh or frozen)
- Chicken or turkey

### Plant-Based

- Lentils
  - Beans (white beans, chickpeas, etc.)
  - Tofu or tempeh
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## Grains & Starches

- Oats
  - Rice (white or brown)
  - Quinoa
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## Fats & Pantry Staples

- Olive oil
  - Ghee or butter (if tolerated)
  - Sea salt
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## Herbal Teas (Heart & Nervous System)

- Hawthorn berries
  - Rose petals
  - Tulsi (Holy Basil)
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## Optional / Convenience Items

- Store-bought soup or broth
  - Crackers or toast (for low-energy days)
  - Electrolytes or mineral salt
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### Gentle Reminder

February nourishment is about **warmth, rhythm, and steadiness**.  
Simple meals, repeated often, support the heart far more than complexity ever could.