



## April Grocery List

Energy & Vitality | Steady, Sustainable Fuel

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

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### Produce (Energy & Metabolic Support)

- Sweet potatoes
  - Carrots
  - Leafy greens (spinach, kale, chard)
  - Berries
  - Lemons
  - Avocados
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### Protein Sources

#### Animal-Based

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

#### Plant-Based

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

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

- Olive oil
  - Sea salt
  - Electrolytes or mineral salt (optional)
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## Herbal Teas (Energy Without Stimulation)

- Nettle
- Tulsi (Holy Basil)
- Licorice root\*

\*Avoid licorice if you have high blood pressure or are sensitive to it.

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## Optional / Convenience Items

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

April energy grows through **consistency, nourishment, and pacing** — not pressure. Simple meals, repeated often, help rebuild vitality that lasts.