



Be Well Bistro

Come Here to Feed Your Inner Soul!



Be Well Bistro Shopping (Essentials)

PRODUCE

Broccoli
Kale
Carrots
Spinach
Brussels Sprouts
Beets
Asparagus
Cucumber
Celery
Tomatoes
Berries (Blueberries, Raspberries, Strawberries)

LEMONS

Oranges
Apples
Pears
Melon (Cantaloupe, Honeydew, Watermelon)

NUTS & SEEDS

Raw Almonds
Raw Cashews
Raw Pumpkin Seeds
Ground Flaxseed
Ground Chia

SPICES

Cumin*
Cinnamon*
Basil*
Garlic Powder*
Turmeric*

*all spices should be organic, if available.

PROTEINS

Grass-fed Beef
Organic Chicken
Wild Caught Alaskan Salmon
Wild Caught Fish from local waterways
Nitrate-free Bacon (uncured, organic if available)
Nitrate-free chicken sausage
Nitrate-free

DAIRY SECTION

Organic Free-Range Eggs
Grass Fed Cheese

OILS

Coconut Oil (might be in the Health Food section)
Organic Ghee
Olive Oil

CEREAL AISLE

Skip it!

SNACK/COOKIES/SODA AISLE

Run away! But if you must, go with :
Kombucha
Organics
Fresh Baked Cookies or Cakes
Organic Crackers - gluten free