







### Inventory of Chakra Foods

Grain	Fruits:	Veggies:	Protein:	Milk	Herbs & Spices:	Sweets	Teas & Drinks	Brt/Oil
	Apples-Red Cherries Pink Grapefruit Pomegranate Raspberries Strawberries Tomatoes Watermelon	Beets Carrots Onions Parsnips Potato-Sweet Radishes Rutabaga Turnips	Beans Eggs Meat Peanut Butter Soya/Tofu	1st Chakra 	Cayenne Chives Garlic Ginger Horseradish Paprika Pepper Turmeric		Lemon & Water  Apple Cider Vinegar	
	Apricots Cantaloupe Coconut Mangos Melon Oranges Peaches Passion Fruit Strawberries	Carrots Pepper-Orange Potato-Sweet Pumpkin Squash Yams	Flax Almonds Walnuts Sesame Salmon	2nd Chakra 	Caraway Cinnamon Vanilla	Honey	Carob	
Bread	Bananas	Corn		Cheese	Chamomile	Chamomile		
Granola	Lemon			Milk	Cumin	Kefir		
Oats	Pineapple			Yogurt	Curry (yellow)	Kombucha		
Pasta	Prunes			3rd Chakra 	Fennel Ginger Mints Turmeric			
Brn Rice	Apples- Grn Kiwi Lime	Avocado Arugula Broccoli Beet Grns Bok Choy Brussels Sprout Celery Cauliflower Chard Collard Greens Cucumber Dandelion Leaf Kale Lettuce Lima Beans Mung Beans Mustard Greens Peas Salads Spinach Sprouts Watercress Zucchini		4th Chakra 	Basil Cilantro Mints Parsley Sage	Drk Choc	Hot Chocolate Juicing - Green Kombucha Matcha Tea Green Tea Red Wine	
Spelt								
Spt Rye								
	Apricots Blackberries Blueberries Goji Grapefruit Kiwi Lemon Lime Pears Peaches Plum			5th Chakra 	Lemon Grass Mint Salt Tarragon	Honey	Coconut Water Fruit Juice Water Spritzers Herbal Tea	
	Acai Blueberry Blackberries Grape/Purple Raspberries	Red Cabbage Purple Carrots Eggplant Purple Kale	Grass Fed Beef Eggs Nuts	Whole Milk Greek Yogurt	Poppy Seeds		Grape Juice Red Wine Cacao	Butter Coconut Oil Olive Oil
	Coconut Lychee Nut	Cauliflower Chives Garlic Leeks Mushrooms Onions Radishes Scallions		7th Chakra 				

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