








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	Almond Avocado Coconut Fats Fish oil Flaxseed Ghee Olive oil Nut Oils Seed oil
Barley Breads Granola Millet Oats Pasta Quinoa Rice Spelt Spt Rye	Bananas Grapefruit Honeydew Lemon Pineapple Prunes	Corn Parsnip Potato Squash Pepper Turnip Yucca	Beans Beef Chicken Fish Beans: Black Chickp. Fava Lentils Lima Mung Navy Pinto	Cheese Milk Yogurt 3rd Chakra 	Chamomile Cumin Curry (yellow) Fennel Ginger Mints Turmeric	Chamomile Kefir Kombucha		
	Apples- Grn Kiwi Lime Veggies: Avocado Asparagus Artichokes Arugula Broccoli Beans Beet Greens Bok Choy Brussels Sprouts Cabbage Celery Cauliflower	Chard Collard Greens Cucumber Dandelion Daikon Edamame Green Beans Kale Lettuce Lima Beans Mung Beans Mustard Greens Peas Salads Spinach Sprouts Watercress Zucchini		4th Chakra 	Basil Cilantro Mints Oregano Parsley Sage Thyme	Drk Choc	Hot Chocolate Juicing - Green Kombucha Matcha Tea Green Tea Red Wine	
	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/Purpl Raspberries	Red Cabbage Purple Carrots Eggplant Purple Kale	Grass Fed Beef Eggs Nuts	Whole Milk Greek Yogurt 6th Chakra 	Poppy Seeds All spice Anise Cardamom Chili powder	Cumin Curry Dill Fennel Ginger	Mint Nutmeg Pepper Sage Turmeric Wasabi	Butter Coconut Oil Olive Oil
	Coconut Lychee Nut	Cauliflower Chives Garlic Leeks Mushrooms Onions Radishes		7th Chakra 				

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