LIFE IN BALANCE

Grocery Shopping List

VEDA
LIFE REBALANCED

	Fruits & Veggies		Meat/Poultry		Dairy/Soy		Snacks

	Frozen Food		Non-perishable		Pasta/Rice/Bread		Baking

	Drinks		Household items		Sauces & Spices		Health & Rx

NOTES:

Remember to breathe, relax & feel. Good job brain!