

Starter Shopping List

Go or send someone to the grocery store to buy:

4-5 pounds chicken legs and thighs or whole chicken
2 lb. carrots
2 large onions
1 bunch celery
1 bunch parsley
1 box Knox Unflavored gelatin
1-2 bottles fruit juice (100% pure, unsweetened apple cider, Welch's 100% grape juice, unsweetened)
Honey
1 half gallon whole milk (for making yogurt)
Dannon All Natural plain yogurt to use as a starter only (regular, not low fat which contains illegal pectin)
Legal vanilla (water, vanilla and alcohol only)
1 bunch bananas (wait until speckled to eat)

1-2 dozen eggs
Real butter
2 c. dry curd cottage cheese (*Friendship brand Hoop cheese or Farmer's Cheese*)
4-5 apples (*cooking or Granny Smith, or Golden Delicious or other types*)
Cinnamon
Ground beef (*no additives or 'natural flavors'*)
Fish (*if desired*)
Peppermint tea bags (*mint leaves only, no flavorings or additives*)
Olive oil (*or any other oil of your choice*)
Legal peanut butter (*peanuts and salt only, for eating in a few days*)
Cheddar or Monterey Jack Cheese