

GROCERY

Shopping LIST

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

ANTIOXIDANTS

- BLUEBERRIES APPLES (WITH THE PEEL)
- KALE SPINACH BEETS TEA



OMEGA-3 FATTY ACIDS

- FISH WALNUTS AVOCADOS



CAROTENOIDS

- CARROTS EGG YOLKS TOMATOES ORANGE PEPPERS



COMPLIMENTS OF AMERICAN REFRACTIVE SURGERY COUNCIL (ARSC)

GROCERY

Shopping LIST

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

ANTIOXIDANTS

- BLUEBERRIES APPLES (WITH THE PEEL)
- KALE SPINACH BEETS TEA



OMEGA-3 FATTY ACIDS

- FISH WALNUTS AVOCADOS



CAROTENOIDS

- CARROTS EGG YOLKS TOMATOES ORANGE PEPPERS



COMPLIMENTS OF AMERICAN REFRACTIVE SURGERY COUNCIL (ARSC)