



## **Allyson Lipnack - Thriving As You Age** **Smart Cart, Healthy Heart -** **Living Healthier Lives while** **Making Better Choices at the** **Grocery Store!**

### **Anything from an animal:**

Eggs (Organic pasture raised)

Chicken (Organic)

Beef (Grass-fed) and finished

Fish (Wild caught)

Dairy:

Organic (Grass-fed)

### **Good Oils (Only in glass bottles)**

Avocado Oil

Coconut oil

Olive oil - Dark glass bottle (Single Origin)

### **Snacks:**

Chips & Popcorn- (Organic, Made with Avocado oil or olive oil)

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Thank you,

Allyson Lipnack

Be healthy, be happy. Thrive as you age!

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"When you follow your passion, success will always follow you"

