

GROcery LIST

FRUIT & VEGGIES

- | | |
|---|--|
| <input type="checkbox"/> Apple | <input type="checkbox"/> Mango |
| <input type="checkbox"/> Avocado | <input type="checkbox"/> Mushrooms |
| <input type="checkbox"/> Beet | <input type="checkbox"/> Oranges/Nectarine |
| <input type="checkbox"/> Blackberries | <input type="checkbox"/> Pea Spouts |
| <input type="checkbox"/> Blueberries | <input type="checkbox"/> Peaches |
| <input type="checkbox"/> Bok Choy | <input type="checkbox"/> Pears |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Peppers |
| <input type="checkbox"/> Broccoli Sprouts | <input type="checkbox"/> Pineapple |
| <input type="checkbox"/> Cabbage | <input type="checkbox"/> Pomegranate |
| <input type="checkbox"/> Cantaloupe | <input type="checkbox"/> Potatoes |
| <input type="checkbox"/> Carrots | <input type="checkbox"/> Raspberries |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Romaine |
| <input type="checkbox"/> Celery | <input type="checkbox"/> Slaw |
| <input type="checkbox"/> Cherries | <input type="checkbox"/> Spinach |
| <input type="checkbox"/> Coconut | <input type="checkbox"/> Squash |
| <input type="checkbox"/> Collards | <input type="checkbox"/> Strawberries |
| <input type="checkbox"/> Cucumbers | <input type="checkbox"/> Sunflower Sprouts |
| <input type="checkbox"/> Goji Berries | <input type="checkbox"/> Sweet Potato |
| <input type="checkbox"/> Grapes | <input type="checkbox"/> Tomato |
| <input type="checkbox"/> Green Beans | <input type="checkbox"/> Watermelon |
| <input type="checkbox"/> Kale | <input type="checkbox"/> Wheat Grass |
| <input type="checkbox"/> Lemons | <input type="checkbox"/> Zucchini |
| <input type="checkbox"/> Limes | <input type="checkbox"/> _____ |



This list is meant as a guide to help you shop with ease



We included many of our favorite brands & where to buy.



As you plan meals, check off the grocery items you need. Add & subtract items that suit your needs & taste buds.



You may not be familiar with all items on this list-- give them a whirl & see what you like.



Buy organic or local- especially when dealing with the dirty dozen.



To save \$\$, 1st try your local grocer, next look online & lastly try your local health food store.



Designate (on this list) the items you buy at specialty stores or online for easy re- ordering.

[Vitacost](#)
[Thrive](#)
[Amazon](#)



Delivery services can be reasonably priced and oh, so convenient!

[Gotsprouts](#)
[Instacart](#)
[Farm box](#)
[Butcher box](#)

PANTRY STAPLES

- | |
|--|
| <input type="checkbox"/> Apple Cider Vinegar (Bragg) |
| <input type="checkbox"/> Avocado Oil |
| <input type="checkbox"/> Beans (black/white/chickpea) |
| <input type="checkbox"/> Bone Broth |
| <input type="checkbox"/> Brown Rice |
| <input type="checkbox"/> Coconut Aminos (Coconut Secret) |
| <input type="checkbox"/> Coconut Butter/Oil |
| <input type="checkbox"/> EVOO |
| <input type="checkbox"/> Grapeseed Oil |
| <input type="checkbox"/> Humus |
| <input type="checkbox"/> Lentils |
| <input type="checkbox"/> Liquid Aminos (Bragg) |
| <input type="checkbox"/> Nut Butter (almond/cashew) |
| <input type="checkbox"/> Pasta |
| <input type="checkbox"/> Lentil (Tolerant) |
| <input type="checkbox"/> Quinoa (Ancient Harvest) |
| <input type="checkbox"/> Spelt (Eden) |
| <input type="checkbox"/> Sprouted Grain (Ezekiel) |
| <input type="checkbox"/> Pumpkin |
| <input type="checkbox"/> Quinoa |
| <input type="checkbox"/> Sesame Oil |
| <input type="checkbox"/> Soba Noodles |
| <input type="checkbox"/> Tamari |
| <input type="checkbox"/> Tomatos Diced/Paste |
| <input type="checkbox"/> Tomato Sauce |
| <input type="checkbox"/> _____ |

HERBS & SPICES

- | |
|---|
| <input type="checkbox"/> Basil |
| <input type="checkbox"/> Bragg Organic Sprinkle |
| <input type="checkbox"/> Cayenne |
| <input type="checkbox"/> Chili Powder |
| <input type="checkbox"/> Cilantro |
| <input type="checkbox"/> Cinnamon |
| <input type="checkbox"/> Cumin |
| <input type="checkbox"/> Curry |
| <input type="checkbox"/> Garlic |
| <input type="checkbox"/> Ginger |
| <input type="checkbox"/> Mint |
| <input type="checkbox"/> Mustard Seeds |
| <input type="checkbox"/> Parsley |
| <input type="checkbox"/> Pepper |
| <input type="checkbox"/> Pink Salt |
| <input type="checkbox"/> Red Pepper |
| <input type="checkbox"/> Rosemary |
| <input type="checkbox"/> Thyme |
| <input type="checkbox"/> Turmeric |

NUTS,SEEDS,etc.

- | |
|---|
| <input type="checkbox"/> Almonds |
| <input type="checkbox"/> Blueberries (dried) |
| <input type="checkbox"/> Cherries (dried) |
| <input type="checkbox"/> Chia Seeds (ground) |
| <input type="checkbox"/> Coconut |
| <input type="checkbox"/> Cranberries (dried) |
| <input type="checkbox"/> Dates |
| <input type="checkbox"/> Flax Seeds (ground) |
| <input type="checkbox"/> Goji Berries (Navitas) |
| <input type="checkbox"/> Hazelnuts |
| <input type="checkbox"/> Hemp Seeds |
| <input type="checkbox"/> Pecans |
| <input type="checkbox"/> Pine Nuts |
| <input type="checkbox"/> Sesame Seeds |
| <input type="checkbox"/> Sunflower Seeds |
| <input type="checkbox"/> Walnuts |
| <input type="checkbox"/> Wheat Germ |
| <input type="checkbox"/> _____ |

