

GROCERY LIST

PRODUCE:

- | | | |
|--|--|--|
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Fresh dill | <input type="checkbox"/> Mesclun Salad |
| <input type="checkbox"/> Avocado | <input type="checkbox"/> Fresh cilantro | <input type="checkbox"/> Mushroom |
| <input type="checkbox"/> Arugula | <input type="checkbox"/> Fresh Italian parsley | <input type="checkbox"/> Onion (red/yellow) |
| <input type="checkbox"/> Baby carrot | <input type="checkbox"/> Fresh mint | <input type="checkbox"/> Orange |
| <input type="checkbox"/> Baby spinach | <input type="checkbox"/> Fresh parsley | <input type="checkbox"/> Portobello mushroom |
| <input type="checkbox"/> Beet | <input type="checkbox"/> Fresh rosemary | <input type="checkbox"/> Radish |
| <input type="checkbox"/> Bell pepper (red/orange...) | <input type="checkbox"/> Fresh tarragon | <input type="checkbox"/> Romaine lettuce |
| <input type="checkbox"/> Bokchoy | <input type="checkbox"/> Fresh thyme | <input type="checkbox"/> Scallion |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Garlic | <input type="checkbox"/> Shitake mushroom |
| <input type="checkbox"/> Cabbage | <input type="checkbox"/> Ginger | <input type="checkbox"/> Spinach |
| <input type="checkbox"/> Carrot | <input type="checkbox"/> Green apple | <input type="checkbox"/> Sprouts |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Green bean | <input type="checkbox"/> Squash |
| <input type="checkbox"/> Celery | <input type="checkbox"/> Jalapeño pepper | <input type="checkbox"/> Tomato |
| <input type="checkbox"/> Chard | <input type="checkbox"/> Kale | <input type="checkbox"/> Tangerine |
| <input type="checkbox"/> Collard greens | <input type="checkbox"/> Lemon | <input type="checkbox"/> Zucchini |
| <input type="checkbox"/> Cucumber | <input type="checkbox"/> Lime | |
| <input type="checkbox"/> Fresh basil | <input type="checkbox"/> Mango | |

NUTS/NUT BUTTERS:

- Pine nut
- Raw Almond Butter
- Raw tahini
- Walnut

SWEETENERS:

- Maple syrup
- Raw honey
- Stevia (found in supplements aisle)

SPICES/DRIED HERBS:

- | | |
|--|--|
| <input type="checkbox"/> Cayenne | <input type="checkbox"/> Dried Mustard |
| <input type="checkbox"/> Celtic sea salt | <input type="checkbox"/> Garlic powder |
| <input type="checkbox"/> Chili powder | <input type="checkbox"/> Onion powder |
| <input type="checkbox"/> Chinese 5-spice | <input type="checkbox"/> Oregano |
| <input type="checkbox"/> Coriander | <input type="checkbox"/> Paprika |
| <input type="checkbox"/> Cumin | <input type="checkbox"/> Pepper |
| <input type="checkbox"/> Curry powder | <input type="checkbox"/> Turmeric |
| <input type="checkbox"/> Dried basil | |

OILS/CONDIMENTS:

- Coconut oil/butter
- Flax seed oil
- Sesame oil
- Olive oil
- Nama Shoyu
- Apple cider Vinegar
- Black olives
- Capers

ANIMAL PRODUCTS:

- Chicken (organic and cage free)
- Eggs
- Mozzarella
- Parmesan cheese
- Shrimp
- Trout (wild)
- Veal (organic, grass-fed)

GRAIN PRODUCTS:

- Brown rice (short/long)
- Quinoa
- Rice cracker (or flaxseed)
- Rice milk
- Sprouted-grain tortillas (in freezer)
- Whole-wheat pasta (penne or fusilli)

BEAN PRODUCTS:

- Black bean
- Hummus
- Tofu (soft or firm)
- Tofu spread

SEAWEEDS:

- Kombu
- Nori sheets

OTHERS:

- Baking soda _____
- Roasted red pepper _____
- Tomato sauce _____
- Vegetable stock _____