

Grocery List

Date: _____

Buy	Vegetables	Quantity	Suggestions
	YELLOW/GREEN		
			artichokes
			asparagus
			broccoli
			brussel sprouts
			cabbage
			celery
			cucumber
			green beans
			leafy greens
			green onions
			green peppers
			sugar/snow peas
			spinach
			zucchini
	RED		
			beets
			radishes
			red pepper
			red potatoes
			tomatoes
	YELLOW/ORANGE		
			carrots
			squash
			sweet potatoes
			yellow pepper
	WHITE		
			cauliflower
			garlic
			leeks
			ginger
			mushrooms
			onions
			parsnips
			turnips
	BLUE/PURPLE		
			eggplant
			red cabbage
	Fruit	Quantity	Suggestion
	YELLOW/GREEN		
			avocados

			green apples
			green grapes
			honeydew melon
			kiwifruit
			limes
			green pears
	RED		
			berries
			cherries
			pink grapefruit
			red grapes
			watermelon
	YELLOW/ORANGE		
			apricots
			cantaloupe
			lemons
			mangoes
			nectarines
			oranges
			papayas
			peaches
			pineapple
			tangerines
	BLUE/PURPLE		
			berries
			plums
			purple grapes
	Bulk Foods	Quantity	Suggestions
	NUTS		
			almonds
			cashews
			pumpkin seeds/pepitas
			sesame seeds
			walnuts
	GRAINS		
			amaranth
			barley
			millet
			oats
			quinoa
			rice
	DRIED FRUIT		
			raisins
	BEANS		

FLOURS			
Supplies	Quantity	Brand	Suggestions
Cleaning supplies			
Napkins			
Garbage bags			
Detergent			
Cereal/Nutbutters	Quantity	Brand	Suggestions
cereal			
		Nature's Path	Heritage Flakes or O's
nutbutters			
			almond
			cashew
			hemp (refrigerated)
			sesame
Baking/Condiment	Quantity	Brand	Type
Flour			
			barley
			quinoa
			whole wheat pastry flour
Sweeteners			
			agave
			brown rice syrup
			maple syrup
			raw honey
			raw sugar
Oils			
			coconut oil
			extra virgin olive oil
			ghee
			sesame oil
Chocolate			
			cacao
			dark chocolate
Spices			
			arrowroot
			allspice
			basil
			bay leaves
			black pepper

			Mary's Gone Crackers	
	Chips			rice chips
	Beverages	Quantity	Brand	Type
	Juice			100% juice
	Nut Milk		almond or hemp	
	Sparkling water			
	Teas and Cookies	Quantity	Brand	Type
	Tea			green matcha
	Cookies		ShaSha Co	spelt ginger snaps
	Dairy Section	Quantity	Brand	Type
	Butter			
	Cheese		Greenback Farms	goat or organic raw if possible Neufchael cream cheese
	Dips			hummus
	Eggs			Pasture or free roaming, organic
	Milk			whole, raw
	Tortillas			brown rice Ezekiel sprouted
	Yogurt		Nancy's/Straus Family Creamery	whole, plain, organic
	Meat Department	Quantity	Brand	Type
	Bacon		Applegates	beef or turkey
	Bisan/Buffalo			
	Chicken		Rosies	
	Ostrich			
	Sausage		Applegates	
	Fish Department	Quantity	Brand	Type
	Flounder			
	Haddock			
	Halibut			
	Red snapper			
	Salmon			
	Sole			
	Tilapia			