Grocery List

Produce\*

**Leafy Greens**

* Cilantro
* Lettuce (romaine or red leaf)
* Parsley
* Rainbow chard
* Spinach

**Cruciferous Vegetables**

* Bok choy
* Broccoli
* Cabbage
* Cauliflower
* Collard green
* Kale

**Root vegetables**

* Beet
* Carrot
* Garlic
* Ginger
* Leek
* Onion (green and red)
* Shallot
* Sweet potato (garnet or jewel)
* Turmeric

**Fruit vegetables**

* Bell pepper
* Cucumber
* Jalapeño
* Squash (summer or winter)
* Tomato
* Zucchini

**Misc vegetables**

* Asparagus
* Celery

**Mushrooms\*\***

(technically not vegetables)

* Crimini
* Shiitake
* White

**Fruit\*\***

* Apple
* Avocado
* Banana
* Lemon
* Lime
* Kiwi
* Orange
* Peach
* Pear
* Plum
* Pomegranate
* Watermelon

**Berries\*\***

* Blueberry
* Blackberry
* Raspberry
* Strawberry

Bulk\*

**Spices**

* Black peppercorn
* Cayenne
* Chili powder
* Chipotle
* Cinnamon
* Cumin
* Curry powder
* Garlic powder
* Himalayan salt
* Lavender
* Mustard seed
* Onion powder
* Oregano
* Paprika
* Red crush pepper
* Sage
* Thyme
* Turmeric

**Beans**

* Adzuki
* Black
* Chick pea
* Garbanzo
* Great northern
* Green
* Lentil
* Pinto

**Whole grains**

* Buckwheat groat (raw)
* Rolled oat\*\*\*
* Quinoa (tricolor)
* Quinoa flour

**Nuts**

* Almond

Nut butter (almond or cashew)

* Brazil nut
* Cashew
* Walnut

**Seeds**

* Broccoli (sprouting)
* Chia
* Flax
* Hemp
* Poppy
* Pumpkin
* Sesame
* Sunflower

**Oil**

* Coconut oil (cold-pressed, unrefined, and virgin)
* Olive oil (extra virgin)

**Misc**

* Apple cider vinegar
* Beet powder
* Green tea
* Matcha
* Spirulina

Animal products\*

* Chicken breast (skinless and boneless)
* Egg (pasture raised)
* Honey (LOCAL and raw)
* Kefir (plain, unsweetened and unpasteurized)

Water

* Reverse osmosis

Processed foods\*

* Almond milk (unsweetened and vanilla)
* Bread (Alvarado's; sprouted multigrain)
* Cracker (Mary's gone crackers; original)
* Hot sauce (O' brother, that's hot; chipotle)
* Ice cream (Vixen's kitchen; vanilla)
* Kombucha (GT's; Synergy)
* Tempeh (Lightlife; original)

Supplements

* Diatomaceous earth
* Krill oil
* Probiotics
* Vitamin D3
* Whey protein powder (grass fed)\*

\* Organic, \*\* Seasonal, \*\*\* Gluten-Free, Local when possible