



Grocery List

produce

- leafy greens
- seasonal vegetables
- root vegetables
- lemons/limes
- onions
- minced garlic
- potatoes/sweet potatoes
- seasonal fruit
- fresh herbs

baking

- whole wheat flour
- yeast
- vanilla extract
- cocoa/carob powder
- peanut butter
- jam (check for fruit-based pectin)
- organic sugar
- corn starch
- baking soda/powder

cooking liquids

- soy sauce, coconut aminos or tamari
- vinegar (apple cider, balsamic)
- liquid sweetener (maple, coconut, black molasses)
- condiments (siracha, ketchup, mustard, liquid smoke)
- canned coconut milk

seasonings

- bouillon or stock
- nutritional yeast
- spices: garlic powder, onion powder, paprika, curry powder, bay leaves, tumeric, cumin, etc.

bakery

- whole grain or sprouted bread
- tortillas
- buns/rolls
- crackers (mary's, simple mills, go raw)
- cereal/granola (purely elizabeth, engine 2, power o's)
- pasta (black bean, quinoa, whole wheat, etc)

bulk

- beans/legumes
- rolled oats
- buckwheat
- misc. grains
- seeds (chia, flax, sesame)
- nuts

frozen & refrigerated

- tofu of choice (sprouted or extra firm for extra protein)
- tempeh
- condiments (kimchi, veg mayo, hummus, miso)

- non-dairy milk
- frozen veg
- frozen fruit

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