

Grocery Store List Recommendations

Fruit

- Bananas
- Apples
- Berries
- Pineapple
- Melon
- Kiwi

Grains

- Quinoa
- Brown rice
- Barley
- Oats
- Farro

Proteins

- Beans
- Tofu
- Lentils
- Chickpeas

Fresh Herbs

- Basil
- Scallions
- Cilantro
- Parsley
- Mint

Leafy Greens

- Kale
- Spinach
- Romaine
- Arugula
- Spring Mix

Starchy Vegetables

- Beans
- Chickpeas
- Sweet Potatoes
- Squash
- Beets
- Peas
- Corn

Non-Starchy Vegetables

- Cucumber
- Tomato
- Pepper
- Carrot
- Snap Peas
- Cabbage
- Brussels Sprouts
- Broccoli
- Cauliflower
- Mushrooms
- Asparagus
- Onions
- Zucchini
- Bok Choy

Always have on hand: Frozen vegetables, frozen fruit, nut butters (ideally NUTS are the only ingredient, but most importantly, no added sugar), avocados, oats, olive oil, avocado oil, vinegar, lemons, nuts and seeds, garlic, spices