



# My Shopping List

## SPICES & HERBS (ORGANIC)

- All Spice Powder
- Ancho Chili Pepper
- Anise Star Pods
- Basil
- Bay Leaves
- Caraway Seeds
- Cardamon Powder
- Cardamon Seeds
- Cayenne Pepper Powder
- Chilies Red Crushed, flakes
- Chili Pepper Powder
- Chipotle Powder
- Cilantro leaves
- Cinnamon, Ground
- Cinnamon Chips
- Cloves (Whole)
- Coriander Powder & Whole
- Creole Seasoning
- Cream of Tartar
- Cumin Powder
- Curry Blend
- Curry Leaves
- Dill Weed & Seed
- Fennel Seed
- Garlic Powder & Granules
- Ginger Root & Powder
- Marjoram
- Mustard Seed Powder
- Mustard Seed, Whole
- Nutmeg
- Onion Granules
- Onion Powder
- Onion, Minced
- Oregano
- Paprika
- Paprika, Smoked
- Parsley
- Peppercorn, Black Ground
- Peppercorn, Black Whole
- Peppercorn, White Ground
- Poppy Seed
- Rosemary Leaf
- Sage, Ground
- Salt, Coarse Himalayan
- Pink
- Szechuan Pepper
- Sea Salt, Fine
- Sea Salt, Black
- Stevia Leaf Powder
- Taco Seasoning
- Tarragon
- Thyme
- Turmeric

## TEA (ORGANIC)

- Assam Tea
- Oolong
- Chai (CF)
- Peppermint Leaves (CF)
- Hibiscus Petals (CF)
- Chamomile Flowers (CF)
- Yin Tea
- Yang Tea

## COFFEE (ORGANIC) (LOCAL)

- Nicaraguan (Light)
- Guatemala (Medium)
- Peru (Medium-Dark)
- Brazil (Dark)
- Espresso (Dark)
- Decaf (Medium)

## SUPPLEMENTS (ORGANIC)

- Ashwaganda Root
- Camu Camu Powder
- Chlorella Powder
- Maca Powder
- Moringa Powder
- Protein Powder, Vanilla Lucuma (V)(\*GF)
- Lion's Mane Powder (Local)

## DRIED FRUIT (ORGANIC)

- Almond Coconut Date Rolls
- Dried Pineapple
- Apples
- Apricots
- Blueberries
- Cranberries
- Cherries
- Dates
- Figs
- Mango Strips
- Raisins, Thompson
- Goji Berries
- Coconut, Flakes
- Banana Chips
- Banana Chips, Chili
- Tomato Halves, Sun Dried

## NUTS (ORGANIC)

- Almonds (Raw)
- Almonds (Dry Roasted, Unsalted)
- Cashews (Raw, Whole)
- Cashews (Dry Roasted, Salted)
- Cashews (Dry Roasted, No Salt)
- Cashews (Red Chili, Roasted)
- Hazelnuts (Raw)
- Mixed Nuts (Dry Roasted, Salted)
- Pecans (Raw, Halves)
- Pistachios (Dry Roasted, Salted)
- Walnut (Raw)

## SEEDS (ORGANIC)

- Sprouting Seed Mix
- Chia Seeds (Black)
- Flax Seeds (Brown)
- Hemp Seeds
- Psyllium Seed Husks
- Pumpkin Seeds (Dry Roasted, Salted)
- Pumpkin Seeds (Dry Roasted, No Salt)
- Pumpkin Seeds (Raw, Hulled)
- Sesame Seeds (White Hulled)
- Sesame Seeds (Black, Hulled)
- Sunflower Seeds (Raw, Hulled)
- Sunflower Seeds (Dry Roasted, Salted)
- Tree House Trail Mix (V)(GF)
- Brick Road Trail Mix (V)(GF)

## BEANS/LEGUMES (ORGANIC)

- Aduki Beans
- Black Beans
- Black Eyed Peas
- Cannellini Beans
- Garbanzo Beans
- Garbanzo Beans, Roasted & Salted
- Great Northern Beans
- Lentils, Gold Harvest
- Lentils, Black Beluga
- Lentils, Green
- Lentils, French Green
- Lentils, Red
- Lima Beans, Baby
- Mung Beans
- Navy Beans
- Pinto Beans
- Red Kidney Beans
- Soy Beans
- Split Peas, Green

## GRAINS (ORGANIC)

- Amaranth
- Barley (Hulled)
- Buckwheat Grits
- Bulgur Wheat
- Polenta/Corn Grits
- Farro
- Millet (Hulled)
- Popcorn, Yellow
- Sorghum
- Quinoa (White)
- Quinoa (Red)
- Rice (Brown Basmati)
- Rice (Brown Long Grain)
- Rice (Brown Short Grain)
- Rice (White Basmati)
- Rice (White Arborio)
- Rice (White Jasmine)
- Rice (White Long Grain)
- Rice (Wild Blend)

## PASTAS (ORGANIC)

- Brown Rice (Fusilli)
- Brown Rice (Spaghetti)
- Semolina (Radiatori)
- Semolina (Spaghetti)
- Semolina (Elbows)
- Whole Wheat (Spaghetti)
- Quinoa (Elbows)

## CEREALS (ORGANIC)

- Honey Sesame Granola
- Turmeric Goji Berry Granola
- Vanilla Chia Hemp Granola (GF)
- Nutt Free Granola (V)(GF)
- Oats (Old Fashioned)
- Oats (Quick)
- Oats (Steel Cut)
- Oat Bran

## BAKING (ORGANIC)

- Almond Meal, Blanched
- Arrowroot Powder
- Baking Powder, Alum. Free
- Baking Soda
- Chocolate Chips (Bittersweet) (V)
- Chocolate Chips (Milk) (V)
- Chocolate Chips (Dark) (V)
- Corn Starch
- Tapioca Starch
- Corn Meal
- Cocoa Powder (V)
- Cacao Powder (V)
- Cacao Nibs

V= Vegan CF = Caffeine Free

GF = Gluten Free, Processed in a Gluten Free Facility \*GF = Gluten Free, Processed in a Gluten Facility



# My Shopping List

## BAKING (ORGANIC)

- Flour (Semolina Durum)
- Flour (AP White Wheat)
- Flour (Einkorn)
- Flour (WW Bread)
- Flour (Yellow Corn Masa)
- Flour (Oat)
- Flour (Coconut)
- Flour (Buckwheat)
- Flour (Rye)
- Flour (Spelt)
- Flour (White Rice)
- Flour (Garbanzo Bean)
- Flour (1-1 Gluten Free)
- Flour (Vital Wheat Gluten)
- Pancake Mix (V)
- Pancake Mix, Buttermilk
- Hard Red Wheat Berries
- Yeast (Nutritional)
- Vanilla Extract Powder
- Brownie Mix (V)(GF)

## SWEETENERS (ORGANIC)

- Light Blue Agave Syrup
- Honey
- Maple Syrup
- Date Syrup

## SUGARS (ORGANIC)

- Cane Sugar
- Powdered Sugar
- Coconut Sugar
- Date Sugar

## COOKING OILS (ORGANIC)

- Avocado Oil
- Canola Oil
- Coconut Oil
- Coconut Oil MCT
- Olive Oil, Extra Virgin
- Sesame Oil
- Sesame Oil, Toasted
- Sunflower Oil

## VINEGARS (ORGANIC)

- Red Wine Vinegar 6%
- White Wine Vinegar
- Rice Vinegar
- White Distilled Vinegar 5%
- Apple Cider Vinegar 5%
- Balsamic Vinegar 6%
- Coconut Aminos

## SNACKS (ORGANIC)

- Pretzels, Mini Twist
- Cult Crackers (V)(GF)
- Sweet & Spicy Mix

## SWEETS (ORGANIC)

- Dark Chocolate Coconut Chews (GF)
- Dark Chocolate Raisins (V)(\*GF)
- Dark Chocolate Almonds (V)(\*GF)
- Greek Yogurt Covered Almonds(GF)
- Carob Peanuts (V)(GF)
- Carob Almonds (V)(GF)
- Gummy Mix (V)

## MILK & MYLKS (ORGANIC)

- Oat Milk Powder
- Soy Milk Powder
- Coconut Milk Powder
- Buttermilk Powder
- Butter
- Vegan Dips (Local)
- Dairy Cheeses

## FREEZER SECTION (ORGANIC)

- SeaCatch Co. Fysh
- Frozen Peas
- Frozen Butternut Squash
- Pacha Bread (V)(GF)(Local)

## DIPS/SAUCES

- Peanut Butter
- Ketchup (Organic)
- Hot Sauces (Local)
- Pasta Sauces (Local)
- Tahini (Organic)
- Capers (Organic)
- Mustards (Organic)
- Mayonaise (Organic)

## PROTEIN

- Pasture Raised Eggs  
*(Delivered FRI)*

## BAKERY (ORGANIC)

- Baked Goods & Breads  
*\*Delivered Fridays*

## BEVERAGES

- Tap Shack Kombucha  
(Local)

## ORGANIC PRODUCE

- Avocados
- Lemons
- Yellow Onion
- White Garlic
- Zero Waste Local CSA Box (Sign up online!)**
- Mindful Mushrooms
- Live Mushrooms (Local)

## BATH & BODY

- Bar Soap
- Facial Soap Bar
- Hand & Body Liquid Soap
- Shampoo Bar
- Conditioner Bar
- Dry Shampoo
- Shampoo, Liquid
- Conditioner, Liquid
- Castile Soap, Unscented
- Castile Soap, Peppermint
- Body Lotion (liquid)
- Body Lotion (Bar)
- Face Moisturizer (SPF)
- Face Oil
- All-in-One Oil
- Hand Sanitizer
- Sunscreen Sticks SPF 25

- Lip Balm
- Toothpaste Tabs
- Toothpaste Tabs (Fluoride)
- Mouthwash Tablets
- Toothbrush
- Deodorant
- Floss
- Facial Rounds
- Epsom Salt
- Hair Brushes
- Reusable Menstrual Products

## HOUSEHOLD

- Kitchen Sponges
- Kitchen Scourers
- Dish Brushes
- Dish Cloth
- Reusable Containers
- Metal Water Bottle 25 oz.
- Tea Infuser
- Coffee Filter
- Totes
- Travel Utensil Kits
- Produce Saver Bags
- Reusable Baking Mats

## CLEANING

- Dish Soap, Liquid
- Dish Soap, Blocks
- Dishwasher Detergent Powder
- All-Purpose Tablets
- Oxygen Brightener
- Home Scrub
- Laundry Detergent Concentrate
- Stain Remover
- White Distilled Vinegar 10%
- Hydrogen Peroxide 3%
- Isopropyl Alcohol

## PETS

- Biodegradable Poo Bags
- Dog Treats

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