

WHAT'S ON OUR GROCERY LIST

fresh produce

Bell Peppers
Broccoli
Zucchini
Cucumbers
Eggplants
Kale
Romaine Lettuce
Cucumber
Tomatoes
Mushrooms
Onions
Garlic
Ginger Root
Sweet Potatoes
Bananas
Apples
Oranges
Limes
Avocado
Seasonal Fruits & Vegetables

frozen

Berries (e.g. Blueberries)
Fruit (e.g. Mango)
Spinach
Vegetables (e.g. Green Peas, Corn, etc.)

Refrigerated

Hummus
Vegan Yogurt
Tempeh
Tofu

Grains

Quick Oats
Brown Rice
Quinoa
Pasta (Gluten-Free or Whole Grain)

Pantry

Dried Fruits (e.g., Raisins, Dates, etc.)
Raw Nuts (e.g., Cashews, Peanuts, etc.)
Nut Butter (e.g., Peanut, Almond, etc.)
Seeds (e.g., Flax, Chia, etc.)
Coconut Sugar
Shredded Coconut
Plant-Based Milk (e.g., Almond, Soy, Oat, etc.)
Apple Cider Vinegar
Balsamic Vinegar
Coconut Oil
Your Super Mixes

Herbs + spices

Black Pepper
Chili Powder
Curry Powder
Dried Oregano
Ground Cinnamon
Ground Mustard
Nutritional Yeast
Sea Salt

Cans + Jars

Beans (e.g. Kidney Beans, Chickpeas, etc.)
Tomato Paste
Capers

Ethnic Aisle

Coconut Milk
Tahini

Misc.

Rice Cakes

