

GROCERY LIST



Whole Food Ingredients - page 1

VEGETABLES

- | | | | |
|--------------------------|----------------|--------------------------|---------------|
| <input type="checkbox"/> | Spinach | <input type="checkbox"/> | Green cabbage |
| <input type="checkbox"/> | Kale | <input type="checkbox"/> | Onion |
| <input type="checkbox"/> | Carrots | <input type="checkbox"/> | Garlic |
| <input type="checkbox"/> | Potatoes | <input type="checkbox"/> | Beets |
| <input type="checkbox"/> | Sweet potatoes | <input type="checkbox"/> | |
| <input type="checkbox"/> | Bell peppers | <input type="checkbox"/> | |
| <input type="checkbox"/> | Tomatoes | <input type="checkbox"/> | |
| <input type="checkbox"/> | Cucumbers | <input type="checkbox"/> | |
| <input type="checkbox"/> | Broccoli | <input type="checkbox"/> | |
| <input type="checkbox"/> | Zucchini | <input type="checkbox"/> | |

FRUITS

- | | | | |
|--------------------------|--------------|--------------------------|---------|
| <input type="checkbox"/> | Blueberries | <input type="checkbox"/> | Oranges |
| <input type="checkbox"/> | Strawberries | <input type="checkbox"/> | Lemon |
| <input type="checkbox"/> | Raspberries | <input type="checkbox"/> | Apples |
| <input type="checkbox"/> | Blackberries | <input type="checkbox"/> | Pears |
| <input type="checkbox"/> | Bananas | <input type="checkbox"/> | Avocado |

LEGUMES

- | | | | |
|--------------------------|-------------|--------------------------|-------------|
| <input type="checkbox"/> | Navy beans | <input type="checkbox"/> | Green peas |
| <input type="checkbox"/> | Red beans | <input type="checkbox"/> | Green beans |
| <input type="checkbox"/> | Black beans | <input type="checkbox"/> | |
| <input type="checkbox"/> | Lentils | <input type="checkbox"/> | |
| <input type="checkbox"/> | Chickpeas | <input type="checkbox"/> | |

GRAINS

- | | | | |
|--------------------------|----------------------|--------------------------|--------------|
| <input type="checkbox"/> | Quinoa | <input type="checkbox"/> | Bulgur wheat |
| <input type="checkbox"/> | White and Brown rice | <input type="checkbox"/> | Oats |

GROCERY LIST



Whole Food Ingredients - page 2

PROTEIN

- | | | | |
|--------------------------|--------------------|--------------------------|--|
| <input type="checkbox"/> | Chicken breasts | <input type="checkbox"/> | |
| <input type="checkbox"/> | Chicken thighs | <input type="checkbox"/> | |
| <input type="checkbox"/> | Lean ground turkey | <input type="checkbox"/> | |
| <input type="checkbox"/> | Branzini fish | <input type="checkbox"/> | |
| <input type="checkbox"/> | Salmon | <input type="checkbox"/> | |
| <input type="checkbox"/> | Cod | <input type="checkbox"/> | |
| <input type="checkbox"/> | Tofu | <input type="checkbox"/> | |
| <input type="checkbox"/> | Tempeh | <input type="checkbox"/> | |
| <input type="checkbox"/> | Edamame | <input type="checkbox"/> | |
| <input type="checkbox"/> | Eggs | <input type="checkbox"/> | |

DAIRY AND DAIRY ALTERNATIVES

- | | | | |
|--------------------------|----------------------|--------------------------|-----------------|
| <input type="checkbox"/> | Milk (whole or skim) | <input type="checkbox"/> | Almond milk |
| <input type="checkbox"/> | Plain Greek yogurt | <input type="checkbox"/> | Oat milk |
| <input type="checkbox"/> | Plain kefir | <input type="checkbox"/> | Unsalted butter |
| <input type="checkbox"/> | Cheese | <input type="checkbox"/> | |
| <input type="checkbox"/> | Feta cheese | <input type="checkbox"/> | |

WHOLE GRAIN PRODUCTS

- | | | | |
|--------------------------|-------------------|--------------------------|--|
| <input type="checkbox"/> | Bread | <input type="checkbox"/> | |
| <input type="checkbox"/> | Pasta | <input type="checkbox"/> | |
| <input type="checkbox"/> | Regular flour | <input type="checkbox"/> | |
| <input type="checkbox"/> | Whole wheat flour | <input type="checkbox"/> | |
| <input type="checkbox"/> | Almond flour | <input type="checkbox"/> | |

HEALTHY OILS

- | | | | |
|--------------------------|------------------------|--------------------------|-------------|
| <input type="checkbox"/> | Extra virgin olive oil | <input type="checkbox"/> | Coconut oil |
| <input type="checkbox"/> | Avocado oil | <input type="checkbox"/> | |

GROCERY LIST



Whole Food Ingredients - page 3

HERBS AND SPICES

- Parsley
- Basil
- Cilantro
- Turmeric powder
- Cinnamon powder
- Oregano
- Cumin powder
- Italian seasoning
- Salt
- Pepper

SWEETENERS

- Sugar
- Maple Syrup
- Honey
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OTHER

- Baking soda
- Baking powder
- Vanilla extract
- Baking chocolate
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- Olives
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SWEETS

- Dark chocolate
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