

SHOPPING LIST

Fruits and Vegetables

Asparagus
Avocado
Baby spinach
Banana
Blueberries
Carrot
Celery
Cherry tomatoes
Collard greens
Corn (fresh or frozen)
Cucumber
Dried cranberries
Fennel bulb
Flat-leaf parsley
Green apple
Green beans
Honeydew melon
Kale
Kiwi

Fruits and Vegetables (cont)

Lemon
Lime
Mango
Oranges
Pear
Radishes
Raisins
Raspberries
Red bell pepper
Red onion
Strawberries
Sun dried tomatoes
Tomatoes
Yellow bell pepper
Yellow onion
Yellow wax beans
Zucchini

Grains

Quinoa
Red Quinoa

Condiments and herbs

Apple cider vinegar
Balsamic Vinegar
Black pepper
Cumin
Dijon mustard
Dill
Dried oregano
Garlic
Olive oil
Sea salt
Smoked hot paprika
Tahini
Wasabi powder

Beans

Black beans
Garbanzo beans (chickpeas)
Kidney beans
Northern beans

Other

Almond milk
Coconut water
Nori sheets
Sliced almonds
Snapper, halibut or cod
Vegetable broth
Walnuts