

# SHORT-ON TIME 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  
Green apple  
Green beans  
Kale

## **Fruits and Vegetables**

### **(cont)**

Lemon  
Lime  
Orange  
Pear  
Radishes  
Raisins  
Raspberries  
Red bell pepper  
Red onion  
Strawberries  
Tomatoes  
Yellow bell pepper  
Yellow onion  
Yellow wax beans

## **Grains**

Quinoa  
Red Quinoa

## **Condiments and herbs**

Apple cider vinegar  
Balsamic Vinegar  
Black pepper  
Cumin  
Dijon mustard  
Dried oregano  
Fresh Dill  
Garlic  
Olive oil  
Sea salt

## **Beans**

Black beans  
Garbanzo beans (chickpeas)  
Northern beans

## **Other**

Almond milk  
Sliced almonds  
Snapper, halibut or cod  
Vegetable broth  
Walnuts