

PRINTABLE SHORT-ON-TIME SHOPPING LIST



Your shopping list can be downloaded from the program materials. But lets take a quick look at the list...

Fruits and Vegetables

Asparagus
Avocado
Baby spinach
Banana
Blueberries
Carrot
Celery
Cherry tomatoes
Collard greens
Corn (fresh or frozen)
Crushed tomatoes
Cucumber
Dried cranberries
Fennel bulb
Green apple
Kale

Fruits and Vegetables

(cont)

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

Grains

Quinoa
Red Quinoa

Condiments and herbs

Apple cider vinegar
Balsamic Vinegar
Black pepper
Chili powder
Cilantro
Coriander
Cumin
Dijon mustard
Dried oregano I
Garlic
Hot sauce
Olive oil
Sea salt

Beans

Black beans
Garbanzo beans (chickpeas)
Kidney beans
Northern beans

Other

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