

## Grocery Planner

### Veggies

Asparagus  
Broccoli  
Brussels sprouts  
Cauliflower  
Celery  
Tomatoes  
Green beans  
Peas (baby, snap)  
Cabbage (green, red)  
Bok choy  
Napa cabbage  
Chard (green, rainbow)  
Kale (dino, curly)  
Spinach  
Butter lettuce  
Romaine  
Green/red leaf lettuce  
Mushrooms  
Onions  
Leeks  
Scallions  
Garlic (fresh, powder, dried)  
Peppers (red, yellow, green, orange, hot)  
Beets  
Carrots  
Parsnips  
Potatoes (red, gold)  
Radishes  
Turnips  
Sweet potatoes  
Yams  
Cucumber  
Eggplant  
Summer squash  
Zucchini  
Winter squash  
Spaghetti squash  
Butternut squash  
Acorn squash

### Fruit

Apples  
Pears  
Pomegranates  
Bananas  
Blackberries  
Blueberries  
Raspberries  
Strawberries  
Loganberries  
Cranberries  
Cantaloupe  
Honeydew  
Watermelon  
Pumpkin  
Figs  
Dates  
Dried fruit  
Grapes  
Lemons  
Limes  
Oranges  
Grapefruit  
Tangerines  
Rhubarb  
Apricots  
Cherries  
Nectarines  
Peaches  
Plums  
Pineapple  
Papayas  
Mangos  
Kiwis

### Beans

Black beans  
Black-eyed peas  
Cannellini beans  
Garbanzo beans  
Great northern beans  
Lentils  
Kidney beans  
Pinto beans  
Split peas  
Navy beans

### Oils

Avocado oil  
Coconut oil  
Olive oil  
Flaxseed oil  
Flaxseed  
Chia seed  
Sesame oil

### Nuts/Seeds

Almonds  
Brazil  
Cashews  
Hazelnuts  
Pecans  
Pine nuts  
Macadamia nuts  
Pistachios  
Peanuts  
Walnuts  
Nut butters (almond, cashew, peanut, tahini)  
Pumpkin seeds  
Sunflower seeds  
Coconut

### Grains

Amaranth  
Buckwheat  
Millet<sup>®</sup>  
Quinoa  
Rice (wild, brown, basmati)  
Cornmeal (organic)  
Oats  
Einkorn wheat  
Coconut flour  
Nut flour/meal

### Natural Sweeteners

Stevia (powder, liquid, flavored)  
Raw honey  
Maple syrup  
Coconut sugar  
Xylitol

### Protein

Beef (lean, grass-fed)  
Chicken, turkey (cage-free)  
Wild fish  
Eggs (omega-3, free-range)  
Cheeses (organic)  
Yogurt (organic, unsweetened)  
—all hormone free

### Beverages

Tea (green, herbal, black, rooibos)  
Sparkling water  
Zevia®

### Milk Alternatives

Almond, Coconut,  
Coconut creamer

### Flavorings

Basil  
Cilantro  
Cinnamon  
Cloves  
Curry  
Cumin  
Ginger  
Italian seasoning  
Mint  
Mustard  
Oregano  
Parsley  
Pepper (black, red flakes)  
Rosemary  
Sea salt  
Vinegar (coconut, apple cider, balsamic)  
Coconut aminos  
Tamari—low sodium  
Cocoa  
Extracts (lemon, vanilla, almond)