



# Your Grocery List

This is by no means an exhaustive list--modify it with your/your family's needs and to work with your favorite recipes. On an average week, this is how we would shop, and what we keep in stock in the house. With this list, you can whip up a huge variety of meals, but don't be afraid to mix things up with new meats, veggies, fruits, and grain options.

## FRESH PRODUCE

- Spinach
- Arugula
- Kale
- Sweet potatoes
- Yellow potatoes / Squash
- Onion
- Carrots
- Peppers
- Cilantro
- Apples / Pears
- Oranges / Grapefruit
- Melon / Mango / Pineapple
- Berries: blue, black, rasp.
- Limes / Lemons
- Avocados

## FROZEN

- Frozen spinach
- Mixed veggies (for stew/stir fry)
- Fish / Shrimp
- Frozen mixed berries
- Frozen broccoli

## MEAL MAKERS

- Curry powder
- Fajita seasoning
- Italian seasoning

## MEAT/DAIRY

- Turkey / Chicken lunchmeat
- Grass-fed beef
- Organic chicken
- Eggs
- Fish, i.e wild-caught salmon
- Butter
- Plain Greek yogurt (full or 2% fat)
- Whey (or vegan) protein powder
- Tofu or other Veg. proteins

## FUN STUFF

- Olives
- Goat cheese
- Hummus
- Tea
- Coffee
- Dark chocolate
- Almonds, cashews, walnuts
- Whole grain bread

## PANTRY STAPLES

- Salt
- Pepper
- Olive oil
- Coconut oil
- Low-sugar ketchup
- Mustard
- Rice
- Canned wild-caught tuna
- Chia / flax / hemp seeds
- Diced canned tomatoes
- Hot sauce

## YOUR ADDITIONS

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## HOUSEHOLD

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