

GROCERY SHOPPING LIST

Fresh

- Apples
- Avocado
- Bananas
- Beets
- Bell peppers
- Carrots
- Cilantro
- Cabbage
- Cucumber
- Dates
- Fruit
- Garlic
- Kale
- Lemons (juice)
- Lime (juice)
- Mushrooms
- Onions
- Potatoes
- Spinach
- Sweet potatoes
- Tomatoes
- Zucchini

Refrigerated

- Cheese
- Meats (hot dogs/balls/nuggets/chorizo/burgers/crumbles)
- Milk
- Tofu
- Yogurt

Bulk

- Almonds
- Black beans
- Cashews
- Chia seeds
- Chickpeas
- Flaxseeds
- Hemp seeds
- Lentils (green/red)
- Nutritional yeast
- Oatmeal
- Peanuts
- Pumpkin seeds
- Raisins
- Rice (brown/white)
- Spices:
- Sunflower seeds
- Walnuts

Baking

- Almond flour
- Baking powder
- Baking soda
- Cacao powder
- Chocolate chips
- Corn starch
- GF all purpose flour
- GF cornbread mix
- GF pizza crust mix
- Maple syrup
- Sugar (brown/coconut/powdered/white)

Shelf Stable Foods

- Apple Sauce
- Almond butter
- Bars
- Bread
- Canned beans (black/chickpeas/pinto)
- Canned tomatoes
- Cereal
- Chocolate (almonds/bars/pretzels)
- Coconut milk
- Corn chips
- Corn tortilla shells
- Crunchy snacks
- Fruit snacks
- GF bread
- GF lasagna noodles
- GF pasta
- Pasta sauce
- Peanut butter
- Rice crackers

Asian Food Store

- Chili garlic sauce
- Glass noodles
- Miso
- Nori sheets
- Rice noodles
- Spring roll paper
- Sushi rice
- Wasabi