



# GROCERY GUIDE

## FRESH PRODUCE

### Pantry staples:

Onions/Garlic  
Fresh Herbs/Ginger

### Smoothie supplies:

Spinach/Kale  
Bananas/Berries/Avocado

### Power salad:

Lettuce/Romaine/Arugula  
Chard/Mustard Greens  
Cucumbers/Carrots  
Tomatoes/Mushrooms  
Broccoli/Cauliflower  
Celery/Bell Peppers  
Red Onions/Asparagus  
Snap Peas/Radishes  
Artichoke/Beets/Avocado

### Snacks:

Apples/Oranges/Bananas  
Grapes/Peaches/Pears  
Strawberries/Blackberries  
Raspberries/Blueberries  
Cantaloupe/Watermelon  
Pineapple/Mango  
Avocados  
Grapefruit/Lemon/Lime

### Meals:

Sweet Potatoes  
Spaghetti Squash  
Zucchini/Butternut Squash  
Fresh Herbs

## OTHER

### Pantry staples:

Full-Fat Coconut Milk

### Smoothie supplies:

Unsweetened Plant Milk  
Coconut, Almond, Rice  
Coconut Water  
Frozen Fruit

### Snacks:

Unsweetened Plant Yogurt

## PROTEIN

### Smoothie supplies:

Flax/Chia/Pumpkin Seeds  
Organic Nut Butters

### Power salad:

Beans: Black, Pinto,  
Red, Navy,  
Garbanzo (Chickpeas)  
Nuts & Seeds

### Snacks:

Old-fashioned \*GF Oats  
Almonds/Cashews  
Pistachios/Macadamia  
Walnuts/Pecans  
Sunflower/Pumpkin Seeds

### Meals:

Lentils/Quinoa/Rice  
Tofu/Tempeh

## CONDIMENTS

### Pantry staples:

Braggs Liquid Aminos  
Tamari  
Apple Cider Vinegar  
Red Wine Vinegar  
Balsamic Vinegar  
Vegetable Broth  
Coconut Oil/Olive Oil  
Seasonings  
Dried Herbs

### Power salad:

\*GF/DF Dressing  
Olives/Banana Peppers  
Artichokes/Palm Hearts  
Sun-dried Tomatoes  
Roasted Red Peppers  
Water Chestnuts

\*GF = gluten-free \*DF = dairy-free