

## Shopping List

### **Produce:**

1 plantain  
1 watermelon  
1 pineapple  
8 oranges  
5 apples  
1 sm. bag baby carrots  
1 sm. container cherry tomatoes  
1 bag spinach  
1 bag arugula  
2 sm. Cauliflowers  
8oz fresh berries  
5 lemons  
1 lime  
2 heads garlic  
Parsley  
Tarragon  
Dill  
Oregano  
Thyme  
Rosemary  
Cilantro  
Green Onions  
1 small bunch broccoli

1 small pumpkin  
2 medium shallots  
2 heads romaine lettuce  
1 small cucumber  
3 red pepper  
2 green pepper  
1 poblano pepper  
2 avocados  
2 red onions  
3 medium zucchini  
3 small yellow squash  
2 cobs corn  
1 mango  
1 tomato  
1 jalapeño  
1 sweet potato  
Sauerkraut (refrigerated, not canned)

### **Frozen:**

Kale  
Fruit  
Pomegranate arils  
Mango or Orange juice concentrate

### **Dry:**

Protein Powder

Ginger Tea  
Collagen Powder  
White Vinegar  
Bee Pollen  
Chia Seeds  
½ cup raw cashews  
½ cup roasted pepitas  
Nut Butter  
Hemp Hearts  
Flax Seeds  
Steel cut oats  
2 can garbanzo beans  
1 can white beans  
2 cans black beans  
Tahini  
Olive Oil  
1 can whole fat coconut milk  
1 quart vegetable stock  
Sesame oil  
Soy Sauce  
Balsamic Vinegar  
Corn starch  
Worcestershire  
Long Grain Brown Rice

**Dairy:**

Dozen eggs  
½ cup coconut yoghurt  
Almond Milk  
**Spices:**  
Cayenne  
Chili Powder  
Salt  
Black Pepper  
White Pepper  
Sesame Seeds  
Smoked Paprika  
Yellow Curry Powder  
Cumin  
Garlic Powder  
Onion Powder  
Turmeric  
Cinnamon