

Grocery Shopping List

Fresh vegetables

- ☐ Artichoke
- ☐ Arugula
- ☐ Asparagus
- ☐ Avocado
- ☐ Bamboo shoots
- ☐ Beets
- ☐ Bell peppers
- ☐ Bok choy
- ☐ Broccoli
- ☐ Brussels sprouts
- ☐ Cabbage
- ☐ Carrots
- ☐ Cassava
- ☐ Cauliflower
- ☐ Celery
- ☐ Chard
- ☐ Collard greens
- ☐ Corn
- ☐ Cucumber
- ☐ Daikon
- ☐ Eggplant
- ☐ Endive
- ☐ Garlic
- ☐ Ginger
- ☐ Hot peppers
- ☐ Jicama
- ☐ Kale
- ☐ Kohlrabi
- ☐ Lettuce
- ☐ Mushrooms
- ☐ Nopales
- ☐ Okra
- ☐ Onions
- ☐ Peas
- ☐ Potatoes
- ☐ Radishes
- ☐ Radicchio
- ☐ Shallots / Leeks
- ☐ Spinach
- ☐ Sprouts
- ☐ Squash
- ☐ Sweet potatoes
- ☐ Taro
- ☐ Tomatillo
- ☐ Tomatoes
- ☐ Turnips / Parsnips
- ☐ Water chestnuts
- ☐ Watercress
- ☐ Zucchini
- ☐ _____
- ☐ _____

Nuts

- ☐ Almonds
- ☐ Brazil nuts
- ☐ Cashews
- ☐ Chestnuts
- ☐ Macadamia
- ☐ Peanuts
- ☐ Pecans
- ☐ Pine nuts
- ☐ Pistachios
- ☐ Walnuts
- ☐ _____
- ☐ _____

Seeds

- ☐ Flax

- ☐ Lotus
- ☐ Pumpkin
- ☐ Sunflower
- ☐ _____
- ☐ _____

Fresh fruits

- ☐ Apples
- ☐ Apricots
- ☐ Avocados
- ☐ Bananas
- ☐ Blackberries
- ☐ Blueberries
- ☐ Cantelope
- ☐ Cherries
- ☐ Cranberries
- ☐ Dates / Figs
- ☐ Grapes
- ☐ Grapefruit
- ☐ Guava
- ☐ Honeydew / Muskmelon
- ☐ Kiwis
- ☐ Kumquats
- ☐ Lemons
- ☐ Limes
- ☐ Lychee
- ☐ Mango
- ☐ Mangosteen
- ☐ Nectarines
- ☐ Oranges
- ☐ Papaya
- ☐ Peaches
- ☐ Pears
- ☐ Pineapple
- ☐ Plantains
- ☐ Plums
- ☐ Pomegranate
- ☐ Quince
- ☐ Raspberries
- ☐ Rhubarb
- ☐ Strawberries
- ☐ Watermelon
- ☐ _____
- ☐ _____

Beans

- ☐ Black beans
- ☐ Black-eyed peas
- ☐ Chickpeas
- ☐ Edamame
- ☐ Fava beans
- ☐ Kidney beans
- ☐ Lentils
- ☐ Lima beans
- ☐ Mung beans
- ☐ Navy beans
- ☐ Pinto beans
- ☐ Red beans
- ☐ Split peas
- ☐ White beans
- ☐ _____
- ☐ _____

Grains

- ☐ Amaranth
- ☐ Bagels
- ☐ Barley
- ☐ Bread
- ☐ Brown rice
- ☐ Buckwheat
- ☐ Bulgur

- ☐ Cornmeal
- ☐ Couscous
- ☐ English muffins
- ☐ Millet
- ☐ Oatmeal
- ☐ Quinoa
- ☐ Sorghum
- ☐ Wheat gluten (Seitan)
- ☐ White rice
- ☐ Wild rice
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Herbs and spices

- ☐ Allspice
- ☐ Anise
- ☐ Bay leaf
- ☐ Basil
- ☐ Black pepper
- ☐ Cayenne pepper
- ☐ Celery seed
- ☐ Chives
- ☐ Chili powder
- ☐ Cilantro
- ☐ Cinnamon
- ☐ Clove
- ☐ Coriander
- ☐ Cumin
- ☐ Dill
- ☐ Fennel
- ☐ Garlic
- ☐ Lavender
- ☐ Lemongrass
- ☐ Marjoram
- ☐ Nutmeg
- ☐ Oregano
- ☐ Paprika
- ☐ Parsley
- ☐ Peppermint
- ☐ Poppy seed
- ☐ Red pepper
- ☐ Rosemary
- ☐ Saffron
- ☐ Sage
- ☐ Spearmint
- ☐ Tarragon
- ☐ Thyme
- ☐ Turmeric
- ☐ Vanilla
- ☐ _____
- ☐ _____

Meat

- ☐ Bacon / Sausage
- ☐ Beef
- ☐ Chicken
- ☐ Ground beef / Turkey
- ☐ Ham / Pork
- ☐ Hot dogs
- ☐ Lunchmeat
- ☐ Turkey
- ☐ _____
- ☐ _____

Seafood

- ☐ Catfish
- ☐ Crab
- ☐ Lobster
- ☐ Mussels
- ☐ Oysters

- ☐ Salmon
- ☐ Shrimp
- ☐ Tilapia
- ☐ Tuna
- ☐
- ☐

Canned foods

- ☐ Applesauce
- ☐ Baked beans
- ☐ Chili
- ☐ Fruits
- ☐ Olives
- ☐ Soups
- ☐ Tomatoes
- ☐ Vegetable broth
- ☐ Veggies
- ☐ Tinned meats
- ☐ Tuna / Chicken
- ☐
- ☐

Condiments

&Sauces

- ☐ Agave nectar
- ☐ BBQ sauce
- ☐ Brown rice syrup
- ☐ Gravy
- ☐ Harissa
- ☐ Honey
- ☐ Hot sauce
- ☐ Jam / Jelly / Preserves
- ☐ Ketchup / Mustard
- ☐ Maple syrup
- ☐ Mayo product
- ☐ Peanut butter
- ☐ Ponzu
- ☐ Salad dressing
- ☐ Salsa
- ☐ Soy sauce
- ☐ Sriracha
- ☐ Stir fry sauce
- ☐ Tomato sauce
- ☐ Veg. Worcestershire
- ☐
- ☐

Dairy & cheese or substitutes

- ☐ Almond butter
- ☐ Almond milk
- ☐ Bleu cheese
- ☐ Butter / Soy butter
- ☐ Cheddar
- ☐ Cottage cheese
- ☐ Cream cheese
- ☐ Cream / Soy creamer
- ☐ Feta
- ☐ Margarine / Soy marg.
- ☐ Milk / Soy milk
- ☐ Mozzarella
- ☐ Parmesan
- ☐ Provolone
- ☐ Rice milk
- ☐ Ricotta
- ☐ Sandwich slices
- ☐ Sour cream
- ☐ Swiss
- ☐ Whipped topping

- ☐ Yogurt / Soy yogurt
- ☐
- ☐

Frozen

- ☐ Sorbet
- ☐ Vegetables
- ☐ Veggie breakfasts
- ☐ Veggie burgers
- ☐ Veggie burritos
- ☐ Veggie pizzas
- ☐
- ☐

Various groceries

- ☐ Cereal
- ☐ Chai
- ☐ Coffee / Filters
- ☐ Free-range eggs
- ☐ Egg/egg substitute
- ☐ Lemon / Lime juice
- ☐ Nutritional yeast
- ☐ Pancake / Waffle mix
- ☐ Pasta
- ☐ Peanut Butter
- ☐ Pickles
- ☐ Tahini
- ☐ Tea
- ☐ Tempeh
- ☐ Cereal
- ☐ Tofu
- ☐ TVP
- ☐ Veggie dogs
- ☐
- ☐

Vinegars

- ☐ Apple cider vinegar
- ☐ Balsamic vinegar
- ☐ Red wine vinegar
- ☐ Rice vinegar
- ☐

Oils

- ☐ Sesame oil
- ☐ Olive oil
- ☐ Vegetable oil
- ☐ White vinegar
- ☐

Snacks

- ☐ Crackers
- ☐ Dried fruit / Trail mix
- ☐ Granola / Cereal bars
- ☐ Popcorn
- ☐ Prunes / Raisins
- ☐ Pretzels
- ☐
- ☐

Other

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