



GROCERY LIST FOR FAMILY



WHOLE GRAINS

- Brown rice
- Brown rice cakes
- Cream of Wheat
- Granola
- Muesli
- Oats
- Popcorn kernels
- Soba noodles
- Whole-grain buns
- Whole-grain English muffin
- Whole-grain pasta
- Whole-grain wrap

PRODUCE

- Apples
- Arugula
- Bananas
- Beets
- Berries (blackberries, blueberries, strawberries)
- Broccoli
- Carrots
- Celery
- Cherry tomatoes
- Cipollito onion
- Cucumber
- Fennel
- Fresh basil
- Fresh chives
- Fresh ginger
- Garlic
- Grapes
- Grape tomatoes
- Green onions
- Kale
- Kiwi
- Leeks
- Lemons
- Melon

- Onion
- Oranges
- Peaches
- Pears
- Peas
- Radishes
- Red and yellow beets
- Red bell pepper
- Romaine lettuce
- Spinach
- Sprouts
- Sweet potatoes
- Tomatoes
- Zucchini

DAIRY

- Nonfat cottage cheese
- Nonfat milk
- Nonfat, plain yogurt
- Soy milk

PROTEINS

- Bison tenderloin
- Chicken breast
- Eggs
- Lean ground turkey breast
- Turkey breast

MISCELLANEOUS

- All purpose flour, unbleached
- Almond butter
- Almonds, unsalted
- Avocado oil
- Balsamic vinegar
- Bee pollen
- Black pepper
- Cashews, unsalted
- Clean protein bars
- Coconut butter
- Coffee

- Dark chocolate
- Dijon mustard
- Dried apricots
- Dried mint
- Dried oregano
- Fig vinegar
- Flaxseed
- Green tea
- Ground cumin
- Ground Cinnamon
- Herbal tea
- Honey, liquid organic
- Hummus
- Low-sodium chicken broth
- Low-sodium soy sauce
- Olive oil
- Paprika
- Pecans
- Pitted dates
- Protein powder
- Pumpkin seeds
- Pumpkinseed oil
- Puy lentils
- Rice wine vinegar
- Salsa
- Sea salt
- Sesame seeds
- Sunflower seeds
- Toasted sesame oil
- Tomato paste
- Trail mix
- Unsweetened applesauce
- Unsweetened, dried cranberries
- Vanilla extract
- Walnuts
- Wheat germ
- Whole-wheat pastry flour, unbleached
- White pepper