

# THE SHOPPING LIST TOOL™

## Fruit, Fresh

- Avocados
- Apples
- Applesauce
- Apricots
- Bananas
- Blueberries
- Blackberries
- Cantaloupes
- Grapes, Red
- Grapes, Green
- Honeydew
- Lemons
- Limes
- Nectarines
- Oranges
- Peaches
- Pineapples
- Raspberries
- Strawberries
- Watermelons

## Vegetables, Fresh

- Arugula
- Asparagus
- Basil
- Bell Peppers (type?)
- Broccoli
- Carrots (type?)
- Celery
- Cilantro
- Cucumber
- Garlic
- Green beans
- Kale
- Lettuce (type?)
- Onions (type?)
- Potatoes (type?)
- Spinach
- Sprouts
- Swiss Chard
- Tomatoes
- Squash

## Vegetables, Frozen

- Asparagus
- Broccoli
- Corn
- Green beans
- Lima beans
- Peas
- Potatoes
- Mixed veggies

## Fruit, Frozen

- Blueberries
- Blackberries
- Mangoes
- Peaches
- Raspberries
- Strawberries
- Tropical blend

## Fats/Oils

- o Butter
- o Coconut oil
- o Coconut milk
- o Flax oil
- o Ghee
- o Olive oil
- o Palm oil

## Snacks

- o Applesauce
- o Blue tortilla chips
- o Chips (type?)
- o Crackers (type?)
- o Dried fruit (apples, apricots, cranberries, raisins)
- o Fruit leather

## Nut/Seed Butters

- o Almond butter
- o Cashew butter
- o Macadamia nut butter
- o Peanut butter
- o Tahini (sesame seed butter)

## Canned Goods

- o Artichoke hearts
- o Beans (black, chili, white, garbanzo)
- o Fruits (pineapple, papaya)
- o Olives (black, green)
- o Pizza sauce
- o Sockeye salmon
- o Spaghetti sauce
- o Tomatoes (whole, diced, crushed)
- o Tomato sauce
- o Tomato paste
- o Tuna fish
- o Chicken broth
- o Beef broth

## Meats

- o Bacon
- o Chicken sausages
- o Hot dogs
- o Meatballs
- o Pepperoni
- o Sliced meats (turkey, ham, chicken)
- o Turkey sausages

## Baking

- o Baking powder
- o Baking soda
- o Chocolate chips
- o Cocoa
- o Flours (type?)
- o Honey, raw
- o Maple syrup
- o Spices (type?)
- o Stevia
- o Sweeteners
- o Vanilla

## Pasta and Rice

- o Elbow pasta
- o Soba noodles
- o Spaghetti noodles
- o Lasagna noodles
- o Brown rice
- o Wild rice

## Beverages

- o Amazake
- o Beer, microbrew
- o Coconut water
- o Kombucha
- o Wine, sulfite free
- o Sake
- o Sparkling water

## Nuts and Seeds

- o Almonds
- o Cashews
- o Macadamia nuts
- o Pecans
- o Pine nuts
- o Pumpkins seeds
- o Sesame seeds
- o Sunflower seeds
- o Walnuts

## Dairy and Eggs

- o Butter
- o Cheese (mild, sharp, Colby, Monterey Jack)
- o Cheese, goat
- o Cream
- o Cream cheese
- o Eggs
- o Milk
- o Mozzarella
- o Parmesan cheese
- o Yogurt, plain

## Breads/Grains

- o Bagels, sprouted
- o Bread, gluten-free
- o Bread, sprouted
- o Buns, sprouted
- o Buckwheat cereal
- o Oats
- o Tortillas, gluten-free
- o Tortillas, sprouted
- o
- o

## Condiments

- o Apple cider vinegar
- o Balsamic vinegar
- o Ketchup
- o Kimchi
- o Lemon juice
- o Lime juice
- o Mayo
- o Mustard
- o Pickles
- o Salsa
- o Sauerkraut
- o Tamari

## Desserts

- o Chocolate
- o Ice cream
- o Macaroons
- o Shortbread