**Grocery List**

Fruit

\_\_\_\_Apples

\_\_\_\_Avocado

\_\_\_\_Bananas

\_\_\_\_Berries

\_\_\_\_Cherries

\_\_\_\_Citrus

\_\_\_\_Grapefruit

\_\_\_\_Grapes

\_\_\_\_Kiwi

\_\_\_\_Lemon

\_\_\_\_Mango

\_\_\_\_Melon

\_\_\_\_Oranges

\_\_\_\_Prunes

\_\_\_\_Fruit Juice

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Vegies

\_\_\_\_Artichokes

\_\_\_\_Asparagus

\_\_\_\_Avocado

\_\_\_\_Broccoli

\_\_\_\_Cauliflower

\_\_\_\_Carrots

\_\_\_\_Celery

\_\_\_\_ Chilies

\_\_\_\_Garlic

\_\_\_\_Green Beans

\_\_\_\_Green Pepper

\_\_\_\_Red Pepper

\_\_\_\_Greens

 (Collard, Kale)

\_\_\_\_Onions

\_\_\_\_Peppers

\_\_\_\_Potatoes

\_\_\_\_Lettuce

\_\_\_\_Spinach

\_\_\_\_Squash

\_\_\_\_Tomatoes

\_\_\_\_Sweet Potatoes

\_\_\_\_Herbs (variety)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Dairy

\_\_\_\_Cheese

\_\_\_\_Milk

\_\_\_\_Yogurt

\_\_\_\_Eggs

\_\_\_\_Butter

\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Meat & Fish

\_\_\_\_Beef

\_\_\_\_Chicken

\_\_\_\_Lamb

\_\_\_\_Salmon

\_\_\_\_Tuna

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Nuts, Beans & Oil

\_\_\_\_Almonds

\_\_\_\_Peanut butter

\_\_\_\_Sunflower seeds

\_\_\_\_Walnuts

\_\_\_\_Soy nuts

\_\_\_\_Beans

\_\_\_\_Canola oil

\_\_\_ Coconut oil

\_\_\_\_Olive oil

\_\_\_\_Flaxseed

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Grains

\_\_\_\_Bran cereal

\_\_\_\_Flaxseed

\_\_\_\_Oats

\_\_\_\_Oat bran

\_\_\_\_Rye crackers

\_\_\_\_Wheat germ

\_\_\_\_Whole grains

\_\_\_\_Wh Wheat bread

\_\_\_\_Wh Wheat pasta

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Other

\_\_\_\_ Tea

\_\_\_\_ Drk Chocolate

\_\_\_\_Wine

**Grocery List**

Fruit

\_\_\_\_Apples

\_\_\_\_Avocado

\_\_\_\_Bananas

\_\_\_\_Berries

\_\_\_\_Cherries

\_\_\_\_Citrus

\_\_\_\_Grapefruit

\_\_\_\_Grapes

\_\_\_\_Kiwi

\_\_\_\_Lemon

\_\_\_\_Mango

\_\_\_\_Melon

\_\_\_\_Oranges

\_\_\_\_Prunes

\_\_\_\_Fruit Juice

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Vegies

\_\_\_\_Artichokes

\_\_\_\_Arugula

\_\_\_\_Broccoli

\_\_\_\_Cauliflower

\_\_\_\_Carrots

\_\_\_\_Celery

\_\_\_\_ Chilies

\_\_\_\_Garlic

\_\_\_\_Green Beans

\_\_\_\_Green Pepper

\_\_\_\_Red Pepper

\_\_\_\_Greens

 (Collard, Kale)

\_\_\_\_Onions

\_\_\_\_Peppers

\_\_\_\_Potato (white)

\_\_\_\_Lettuce (dark)

\_\_\_\_Spinach

\_\_\_\_Squash

\_\_\_\_Tomatoes

\_\_\_\_Sweet Potatoes

\_\_\_\_Herbs (variety)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Dairy

\_\_\_\_Cheese

\_\_\_\_Milk

\_\_\_\_Yogurt

\_\_\_\_Eggs

\_\_\_\_Butter

\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Meat & Fish

\_\_\_\_Beef

\_\_\_\_Chicken

\_\_\_\_Lamb

\_\_\_\_Salmon

\_\_\_\_Tuna

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Nuts, Beans & Oil

\_\_\_\_Almonds

\_\_\_\_Peanut butter

\_\_\_\_Sunflower seeds

\_\_\_\_Walnuts

\_\_\_\_Soy nuts

\_\_\_\_Beans

\_\_\_\_Canola oil

\_\_\_\_Coconut oil

\_\_\_\_Olive oil

\_\_\_\_Flaxseed

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Grains

\_\_\_\_Bran cereal

\_\_\_\_Flaxseed

\_\_\_\_Oats

\_\_\_\_Oat bran

\_\_\_\_Rye crackers

\_\_\_\_Wheat germ

\_\_\_\_Whole grains

\_\_\_\_Wh Wheat bread

\_\_\_\_Wh Wheat pasta

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Other

\_\_\_\_ Tea

\_\_\_\_ Drk Chocolate

\_\_\_\_Wine