

# Master Shopping List

## Fruit

- Apples
- Bananas
- Oranges
- Clementines
- Tangerines
- Strawberries
- Kiwi
- Pineapple
- Prunes
- Grapes
- Avocado
- Coconut
- Peaches
- Plums
- Nectarines
- Pears
- Blueberries
- Blackberries
- Tomatoes

## Vegetables

- Eggplant
- Zuchinni
- Summer Squash
- Spaghetti Squash
- Onions
- Potatoes
- Sweet Potatoes
- Peppers
- Kale
- Green Beans
- Beets
- Radish
- Carrots
- Cucumbers

- Broccoli
- Asparagus
- Butternut Squash
- Arugula
- Spinach
- Celery
- Romaine Lettuce
- Collard Greens
- Swiss Chard

## Grocery

- Sunbutter
- Peanut Butter /  
Other Nut Butters
- Almonds / Nuts
- Guacomole
- Salsa
- Coconut Oil
- Butter
- Olive Oil
- Hummus
- Beans
- Tomato Sauce
- Bread (minimally  
processed)
- Quinoa
- Wild Rice
- Multigrain Tortilla  
Wraps
- Multigrain chips
- Pita Chips
- Green Tea
- Coffee

## Meat

- Chicken Breast
- ¼ Chicken
- Chicken Legs
- Chicken Wings
- Ground Beef
- Beef Strips
- Ground Turkey
- Sausage
- Chicken Sausage
- Uncured Hot  
Dogs
- Uncured Salami
- Tuna
- Sardines
- Frozen Shrimp
- Fish (Salmon,  
Tilapia, Cod, etc.)
- Crab / Lobster
- Scallops
- Mussels / Clams

## Dairy, Etc.

- Cottage  
Cheese
- Greek Yogurt
- Milk
- Cheese
- Ice Cream
- Eggs

## Other

- Beer / Wine  
(obviously)