



Grocery shopping checklist

@antoniatheuniverse

Fruits & Berries

- Lemons / Oranges / Mandarines
- Dates
- Apples
- Pears
- Mangoes
- Bananas
- Avocadoes
- Blueberries
- Strawberries
- Cranberries
- Raspberries

Green Vegetables

- Spinach
- Swiss chard
- Green leafy vegetables / Salad greens

Beans & Legumes

- Chickpeas
- Black / Kidney beans
- Edamame
- (Split) peas
- Lentils
- Tofu / Tempeh

Whole Grains

- Quinoa
- Oats
- Pasta
- Millet / Corn flour
- Rice

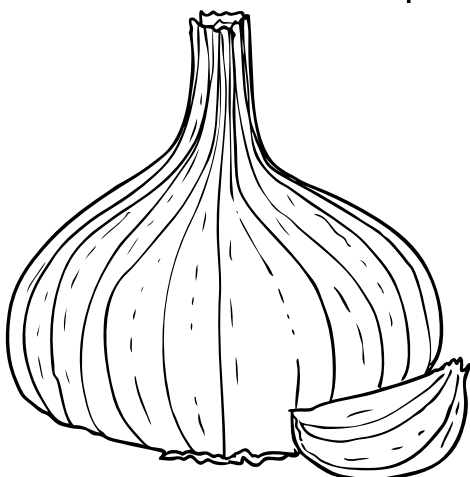


Other Vegetables

- Garlic
- Onions
- Carrots
- Sweet Potato
- Potato
- Mushroom
- Peppers
- Zucchini
- Beets
- Ginger / Turmeric

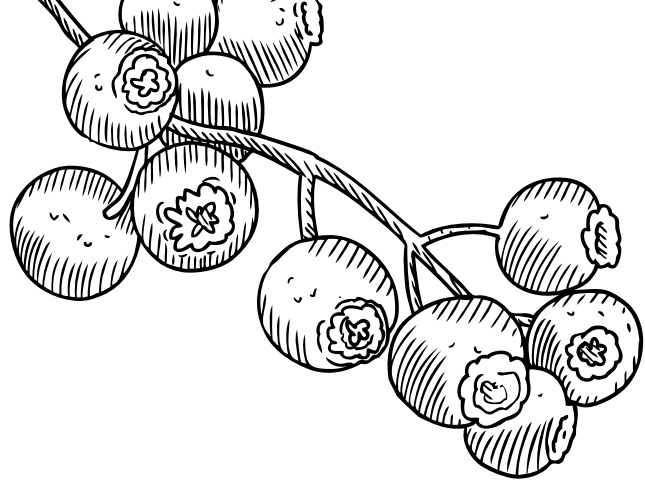
Cruciferous Vegetables

- Broccoli
- Kale
- Cabbage
- Cauliflower
- Bok Choy / Arugula /
Brussel Sprouts / Kohlrabi



Spices

- Rosemary
- Oregano
- Ginger
- Chili powder/ Flakes
- Cumin
- Nutritional yeast
- Vegetable stock
- Turmeric
- Miso powder
- Paprika
- Garlic powder
- Thyme
- Basil
- Black Pepper
- Curry



Nuts & Seeds

- Pecans
- Walnuts
- Hazelnuts
- Pistachios
- Almonds
- Chia seeds
- Pumpkin seeds
- Flaxseeds

Beverages

- Coffee
- Green Tea
- Hibiscus / Tulsi /
Dandelion / Osmanthus



Pantry

- Tomato sauce
- Coconut milk
- Chickpea flour
- Cocoa powder
- Mustard tahini
- Vinegar
- Natron

Vitamins

- Multivitamin
- Omega-3
- D3 + K2
- B12