shop smarter ✔
feel better ✔
be healthier ✔
live longer ✔

NUTRITARIAN GROCERY LIST

- ❑ Hazelnuts
- ❑ Cashews
- ❑ Walnuts
- ❑ Almonds
- ❑ Pecans
- ❑ Raw Peanuts
- ❑ Chia Seed
- ❑ Sesame Seed
- ❑ Sunflower Seed
- ❑ Pumpkin Seed
- ❑ Hemp Seed
- ❑ Flax Seed
- ❑ Flax Meal
- ❑ Rolled Oats
- ❑ Steel Cut Oats
- ❑ Brown Rice
- ❑ Quinoa
- ❑ Buckwheat
- ❑ Rice Penne
- ❑ _____

- ❑ Garbanzo Beans
- ❑ White Beans
- ❑ Pinto Beans
- ❑ Adzuki Beans
- ❑ Split Peas
- ❑ French Lentils
- ❑ Orange Lentils
- ❑ Black eyed Peas
- ❑ Garbanzo Beans
- ❑ _____
- ❑ _____

- ❑ Spinach
- ❑ Kale
- ❑ Cabbage
- ❑ Arugula
- ❑ Romaine Lettuce
- ❑ Lettuce Blend
- ❑ Onions
- ❑ Green Onions
- ❑ Celery
- ❑ Carrots
- ❑ Cucumbers
- ❑ Squash
- ❑ Zucchini
- ❑ Mushrooms
- ❑ Eggplant
- ❑ Yams
- ❑ Bell Peppers
- ❑ Asparagus
- ❑ Snap Peas
- ❑ Green Beans
- ❑ Broccoli
- ❑ Cauliflower
- ❑ Avocado
- ❑ Beets
- ❑ Bok Choi
- ❑ Broccolini
- ❑ Chard
- ❑ Rootabaga
- ❑ _____
- ❑ _____
- ❑ _____
- ❑ _____

- ❑ Cantaloupe
- ❑ Oranges
- ❑ Lemons
- ❑ Grapefruit
- ❑ Raspberries
- ❑ Limes
- ❑ Honey Dew
- ❑ Strawberries
- ❑ Blueberries
- ❑ Cherries
- ❑ Tangelos
- ❑ Satsumas
- ❑ Apples
- ❑ Pineapple
- ❑ Tomatoes
- ❑ Grape Tomatoes
- ❑ Dates
- ❑ Mangos
- ❑ Nectarines
- ❑ Kiwi
- ❑ _____
- ❑ _____

- ❑ Tofu
- ❑ Veggie Broth
- ❑ Salsa
- ❑ Balsamic Vinegar
- ❑ Vanilla
- ❑ Ceylon Cinnamon
- ❑ Other herbs & spices
- ❑ _____
- ❑ _____

for recipes: www.waterearthwindfire.com