Grocery List

FRESH PRODUCE

- ○ avocado: 2
- ○ banana: 4
- ○ blueberries: 1 ¾ cup
- ○ brussels sprouts: ½ cup
- ○ broccoli florets: 1 cup
- ○ butternut squash, cubed: 3 cups
- ○ carrots: 9
- ○ cauliflower florets: 6 cups
- ○ celery stalks: 8
- ○ cherry tomatoes: 18
- ○ cilantro: 1 ½ cups
- ○ cucumber: 1
- ○ garlic clove: 12
- ○ ginger root: ½ cup
- ○ green apple: 2
- ○ kale: 7 cups
- ○ lemon: 6
- ○ lime: 4
- ○ mint leaves: 20
- ○ orange: 6
- ○ red bell pepper: 1
- ○ spinach: 7 ½ cups (6 oz)
- ○ sweet potato: 1
- ○ yellow onion: 3
- ○ zucchini: 2

FROZEN FOODS

- ○ blueberries: 2 cups
- ○ pineapple: 2 cups
- ○ raspberries: 3 ½ cups

REFRIGERATED GOODS

- ○ almond milk, unsweetened: 11 cups (88 oz)

DRIED GOODS

- ○ cashews, raw: ¼ cup
- ○ chia seeds: ¼ cup
- ○ coconut flakes: 1 ¾ cups
- ○ hemp hearts: ¼ cup
- ○ pepitas, raw: ¼ cup
- ○ quinoa: 2 ¼ cups
- ○ rolled oats, gluten-free: 3 ¼ cup
- ○ sliced almonds: 1 ½ cups
- ○ walnuts, raw: ½ cup

CANNED GOODS

- ○ cannellini beans: 1 can
- ○ chickpeas: 1 can
- ○ coconut milk: 2 cans
- ○ fire roasted tomatoes, diced: 2 cans

CONDIMENTS & OILS

- ○ coconut oil
- ○ maple syrup
- ○ olive oil
- ○ red curry paste
- ○ tahini
- ○ tamari

PANTRY ITEMS

- ○ almond butter
- ○ vegetable stock: 5 ½ cups (44 oz)

SEASONING + BAKING

- ○ black pepper, ground
- ○ cayenne pepper
- ○ cinnamon, ground
- ○ crushed red pepper
- ○ cumin, ground
- ○ ginger, ground
- ○ Italian seasoning
- ○ oregano, dried
- ○ sea salt
- ○ smoked paprika
- ○ vanilla extract