



# Whole Food Grocery List For Families

print me out and take me shopping with you



1. Almond butter
2. Almonds
3. Almond milk
4. Amaranth flakes (cereal)
5. Apples
6. Avocados
7. Bananas
8. Black beans
9. Blueberries
10. Broccoli
11. Brown rice
12. Buckwheat pancakes
13. Cabbage
14. Calcium fortified orange juice
15. Cauliflower
16. Celery
17. Corn tortillas
18. Cranberries
19. Cranberry juice
20. Cucumbers
21. Eggplant
22. Eggs
23. Ezekiel bread
24. Fish
25. Flax seeds
26. Garbanzo beans
27. Garlic
28. Ginger
29. Grapefruit juice
30. Green beans
31. Green tea
32. Guacamole
33. Honey
34. Hummus
35. Jasmine rice
36. Kalamata olives
37. Kale
38. Kefir (great for shakes)
39. Laura's lean beef hamburger
40. Lemon
41. Lentils
42. Lime
43. Low fat organic cottage cheese
44. Low sodium soy sauce
45. Mozzarella cheese
46. Mustard
47. Navy beans
48. Okra
49. Old fashioned oatmeal
50. Olive oil
51. Olives
52. Onion
53. Organic eggs (free range)
54. Organic lean beef (free range)
55. Organic chicken (free range)
56. Organic milk
57. Organic turkey
58. Organic yogurt
59. Peas
60. Pears
61. Pecans
62. Pinto beans
63. Plums
64. Pumpkin
65. Quinoa
66. Radishes
67. Raisins
68. Raspberries
69. Rhubarb
70. Rice crackers
71. Rice noodles
72. Romaine lettuce
73. Salmon
74. Salsa
75. Seaweed
76. Sesame Oil
77. Sesame seeds
78. Shallots
79. Sour cream
80. Sparkling water
81. Spelt bread
82. Spinach
83. Sprouted wheat bread
84. Sprouts
85. Strawberries
86. Sweet potatoes
87. Tomato sauce
88. Tomatoes, diced, organic
89. Tomatoes, stewed, organic
90. Walnuts
91. Water chestnuts
92. Wheat-berry bread
93. White beans
94. Whole fruit jams
95. Yams
96. Zucchini

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