



# GROCERY LIST

## Walmart

### VEGGIES

- ☐ Carrots
- ☐ Cauliflower
- ☐ Broccoli
- ☐ Onion
- ☐ Garlic
- ☐ Celery
- ☐ Mushrooms
- ☐ Zucchini
- ☐ Cucumber
- ☐ Potato
- ☐ Sweet Potato
- ☐ Jalapeno

### FRIDGE

- ☐ Mustard
- ☐ Miso Paste
- ☐ Coconut Water
- ☐ Tamar or Soy Sauce
- ☐ Almond Milk
- ☐ Tahini
- ☐ Tofu
- ☐ Nut Butters

### FREEZER

- ☐ Corn
- ☐ Berries
- ☐ Banana

### FRUITS

- ☐ Banana
- ☐ Apple
- ☐ Orange
- ☐ Lemon
- ☐ O Pineapple
- ☐ Avocado
- ☐ Seasonal Fruit

### FRESH HERBS

- ☐ Parsley
- ☐ Cilantro
- ☐ Mint
- ☐ Thyme
- ☐ Basil

### GRAINS

- ☐ Oatmeal
- ☐ Quinoa
- ☐ Brown Rice
- ☐ White Rice

### LEGUMES

- ☐ Black Beans
- ☐ Brown Beans
- ☐ Green Lentils
- ☐ Chickpeas

### NUTS AND SEEDS

- ☐ Cashews
- ☐ Almonds
- ☐ Walnuts
- ☐ Hemp Seeds
- ☐ Pumpkin Seeds
- ☐ Chia Seeds
- ☐ Flax Seeds
- ☐ Sesame Seeds
- ☐ Sunflower Seeds

### SEASONINGS

- ☐ Himalayan Salt
- ☐ Turmeric
- ☐ Paprik
- ☐ Cayenne
- ☐ Cinnamon
- ☐ Vanilla
- ☐ Nutritional Yeast
- ☐ Parsley
- ☐ Oregano
- ☐ Garlic Powder
- ☐ Pepper

### SWEETENERS

- ☐ Maple Syrup
- ☐ Agave Syrup
- ☐ Coconut Sugar