PRO	DUCE	MEAT & POULTRY	HERBS & SPICES	CANNED/JAR GOODS	
VEGETABLES Arugula Asparagus Broccoli Carrots Celery Tomatoes Bell Peppers Cucumbers Mushrooms Spinach Kale Onions Butternut Squash Sweet Potatoes Acorn Squash Spaghetti Squash Whole Garlic Zucchini All vegetables are great choices! Buy what you love and experiment with new recipes each week!	FRUITS Apples Bananas Grapes Oranges Grapefruit All berries Peaches, Plums & Nectarines Melons (Watermelon, Honey Dew, Cantaloupe) Pears Mango Kiwi Pineapple Pomegranate Check out what's in season and what's on sale to get the most bang for your buck!	Begs Pork Chicken Steak Turkey Bacon Bison Ground Meats (Beef, Chicken, Turkey, Pork) Sausage Fish Shellfish Try to stick with lean meats and always buy organic or farm raised if available!	HERBS & SPICES Allspice Basil Cinnamon Cayenne Pepper Chili Powder Clove Cilantro Cumin Curry Dill Garlic Ginger Mint Nutmeg Oregano Parsley Red Pepper Rosemary Sage Thyme Vanilla Extract Wasabi	CANNED/JAR GOODS Tomato Paste Stewed Tomatoes Diced Tomatoes Canned Mushrooms Artichokes Olives Tuna Chicken Stock (Vegetable, Chicken, Seafood, Beef) Pineapples Mandarin Oranges Pumpkin Puree Roasted Red Peppers Jalapeños Banana Peppers Canned goods are great because they are non- perishable! No waste!	A Bright Balance Grocery List W Use your time wisely to prepare healthy meals and snacks that will satisfy your hunger and taste buds! For recipes and ideas visit www.abrightbalance.com
NUTS & DRIED FRUIT	BEVERAGES	COOKING	G/BAKING	SNACKS	OTHER ITEMS?
□ Almonds □ Macadamia Nuts □ Cashews □ Pistachios □ Walnuts □ Pecans □ Raisins □ Cranberries □ Apricots □ Pumpkin Seeds □ Sunflowers Seeds □ Chia Seeds □ Flax Seed □ Almond Butter □ Cashew Butter	Unsweetened Coconut Milk Unsweetened Almond Milk Coconut Water Unsweetened Seltzer Water Kombucha Coffee Tea Red Wine Vegetable Juice Try making your own juices by extracting the liquids from your fruits and vegetables!	□ Coconut Flour □ Coconut Flakes □ Unsweetened Shredded Coconut □ Tapioca Flour □ Arrow Root □ Organic Honey □ Agave Nectar □ Organic Maple Syrup □ Baking Soda □ Organic Cocoa Powder □ Dairy Free Chocolate Chips □ Ghee	□ Organic Shortening □ Coconut Oil □ Avocado Oil □ Sunflower Seed Oil □ Extra Virgin Olive Oil □ Grape See Oil □ Kerrygold Butter □ Balsamic Vinegar □ Apple Cider Vinegar □ Coconut Aminos Always try to cook/bake from scratch! The result will be much healthier!	□ Lara Bars □ Kind Bars □ Raw Bars □ Kale Chips □ Flax Crackers □ Nut Thins Create your own snacks by experimenting with different recipes and fresh products!	