

# Shopping List

## Basics

<i>Spices</i>	<i>Produce</i>	<i>Canned or Jarred</i>	<i>Dry or Bulk</i>
<input type="checkbox"/> Bay leaf	<input type="checkbox"/> Avocado	<input type="checkbox"/> Almond butter	<input type="checkbox"/> Lentils
<input type="checkbox"/> Black peppercorns	<input type="checkbox"/> Carrots	<input type="checkbox"/> Black beans	<input type="checkbox"/> Almonds
<input type="checkbox"/> Cinnamon	<input type="checkbox"/> Celery	<input type="checkbox"/> Cashew butter	<input type="checkbox"/> Cashews
<input type="checkbox"/> Chili powder	<input type="checkbox"/> Garlic	<input type="checkbox"/> Chickpeas	<input type="checkbox"/> Dried cherries
<input type="checkbox"/> Coriander	<input type="checkbox"/> Ginger	<input type="checkbox"/> Coconut milk	<input type="checkbox"/> Pecans
<input type="checkbox"/> Cumin	<input type="checkbox"/> Lemons	<input type="checkbox"/> Olives	<input type="checkbox"/> Walnuts
<input type="checkbox"/> Curry powder	<input type="checkbox"/> Limes	<input type="checkbox"/> Pickles	<input type="checkbox"/> Quinoa
<input type="checkbox"/> Red pepper flakes	<input type="checkbox"/> Onions	<input type="checkbox"/> Pumpkin puree	<input type="checkbox"/> Oats
<input type="checkbox"/> Sea Salt	<input type="checkbox"/> Scallions	<input type="checkbox"/> Salmon	<input type="checkbox"/> Pumpkin seeds
<input type="checkbox"/> Tabasco	<input type="checkbox"/> Parsley	<input type="checkbox"/> Sardines	<input type="checkbox"/> Sunflower seeds
<input type="checkbox"/> Turmeric	<input type="checkbox"/> Cilantro	<input type="checkbox"/> Tomatoes	<input type="checkbox"/> Sesame seeds
<input type="checkbox"/> Oregano	<input type="checkbox"/> Thyme	<input type="checkbox"/> Tuna	<input type="checkbox"/> Pistachios
<input type="checkbox"/> Basil	<input type="checkbox"/> Rosemary	<input type="checkbox"/> Chickpeas	<input type="checkbox"/> Short grain brown rice
<i>Sweeteners</i>	<i>Good Fats</i>	<i>Big Flavors</i>	<i>Power Foods</i>
<input type="checkbox"/> Dates	<input type="checkbox"/> Coconut oil	<input type="checkbox"/> Vanilla extract	<input type="checkbox"/> Cacao powder
<input type="checkbox"/> Maple syrup	<input type="checkbox"/> Olive oil	<input type="checkbox"/> Tahini	<input type="checkbox"/> Chia seeds
<input type="checkbox"/> Honey	<input type="checkbox"/> Ghee	<input type="checkbox"/> Balsamic Vinegar	<input type="checkbox"/> Maca powder
<input type="checkbox"/> Coconut sugar	<input type="checkbox"/> Avocado oil	<input type="checkbox"/> Mustard	<input type="checkbox"/> Goji berries
<input type="checkbox"/> Chocolate >70%	<input type="checkbox"/> Coconut cream	<input type="checkbox"/> Brown rice vinegar	<input type="checkbox"/> Nutritional yeast
		<input type="checkbox"/> Brown rice vinegar	<input type="checkbox"/> Hemp seeds
<i>Frozen</i>		<input type="checkbox"/> Tamari or coconut aminos	
<input type="checkbox"/> Blueberries		<input type="checkbox"/> Miso	
<input type="checkbox"/> Peas		<input type="checkbox"/> Lemon grass	
<input type="checkbox"/> Corn			
<i>Fruits</i>	<i>Vegetables</i>	<i>Meat</i>	<i>Fish</i>

## Shopping List


12 fruits and vegetables (the “dirty dozen”) most susceptible to pesticide residue:			
<ul style="list-style-type: none"> <li>• Peaches</li> <li>• Apples</li> <li>• Sweet bell pepper</li> </ul>	<ul style="list-style-type: none"> <li>• Celery</li> <li>• Nectarines</li> <li>• Strawberries</li> </ul>	<ul style="list-style-type: none"> <li>• Cherries</li> <li>• Pears Imported</li> <li>• Grapes</li> </ul>	<ul style="list-style-type: none"> <li>• Spinach</li> <li>• Lettuce</li> <li>• Potatoes</li> </ul>
12 Least Contaminated			
<ul style="list-style-type: none"> <li>• Onions</li> <li>• Avocado</li> <li>• Sweet Corn (Frozen)</li> </ul>	<ul style="list-style-type: none"> <li>• Pineapples</li> <li>• Mango</li> <li>• Asparagus</li> </ul>	<ul style="list-style-type: none"> <li>• Sweet Peas (Frozen)</li> <li>• Kiwi Fruit</li> <li>• Bananas</li> </ul>	<ul style="list-style-type: none"> <li>• Cabbage</li> <li>• Broccoli</li> <li>• Papaya</li> </ul>

\*Good to buy organic, but if not always, at least with the dirty dozen