

Choose 3-5 different foods from each color group to focus on this shopping trip. DO not buy everything on this list! That would just be crazy!

- KALE
- COLLARD GREENS
- SPINACH
- BRUSSELS SPROUTS
- BROCCOLI
- ASPARAGUS
- BEETS
- TOMATOES
- SQUASH
- WINTER SQUASH
- STRING BEANS
- PEPPERS, SWEET
- CARROTS
- CAULIFLOWER
- ARTICHOKEs
- EGGPLANT
- OKRA
- JICAMA
- SNOW PEAS
- CABBAGE
- CUCUMBERS
- CELERY
- LETTUCE (NOT ICEBERG)
- MUSHROOMS
- RADISHES
- ONIONS
- SPROUTS

- OLIVE OIL EXTRA VIRGIN
- COCONUT OIL EXTRA VIRGIN
- FLAXSEED OIL
- PUMPKIN SEED OIL
- WALNUT OIL
- NUT BUTTERS
- SEED BUTTERS

- RASPBERRIES
- BLUEBERRIES
- BLACKBERRIES
- STRAWBERRIES
- WATERMELON
- CANTALOUPE
- ORANGE
- TANGERINE
- APPLE
- APRICOTS
- GRAPEFRUIT
- CHERRIES
- GRAPES
- KIWIFRUIT
- MANGO
- PEACH
- NECTARINE
- PEAR
- PINEAPPLE
- BANANA
- PAPAYA
- FIGS
- HONEYDEW MELON
- SALSA
- TOMATO SAUCE

- AVOCADO
- ALMONDS RAW
- CASHEWS RAW
- PEANUTS RAW
- PISTACHIOS RAW
- PECANS RAW
- WALNUTS RAW
- HUMMUS
- COCONUT MILK
- FETA CHEESE
- GOAT CHEESE
- MOZZARELLA (LOW MOISTURE)
- CHEDDAR
- PROVOLONE
- MONTERREY JACK
- PARMESAN

- SARDINES (FRESH/CANNED)
- CHICKEN BREAST
- TURKEY BREAST
- GROUND CHICKEN BREAST
- GROUND TURKEY BREAST
- CATFISH
- TILAPIA
- TROUT
- COD
- SALMON
- HALIBUT
- TUNA (CANNED/FRESH)
- BUFFALO
- LEAN GROUND BEEF
- EGGS
- EGG WHITES
- PLAIN GREEK YOGURT, 1%
- SHELLFISH
- CLAMS
- EXTRA LEAN BEEF
- TEMPEH
- TOFU, FIRM
- PORK TENDERLOIN
- COTTAGE CHEESE, 2%
- PROTEIN POWDER (WHEY, HEMP, RICE, PEA)
- SHAKEOLOGY

- RAW NUTS CHOPPED
- PUMPKIN SEEDS RAW
- SUNFLOWER SEEDS RAW
- SESAME SEEDS RAW
- FLAXSEED GROUND

- SWEET POTATO
- YAMS
- QUINOA
- BEANS
- LENTILS
- EDAMAME
- PEAS
- REFRIED BEANS, NON-FAT
- BROWN RICE
- WILD RICE
- POTATO
- CORN ON THE COB
- OATMEAL, STEEL-CUT
- OATMEAL, ROLLED
- BULGUR
- AMARANTH
- MILLET
- BUCKWHEAT
- BARLEY
- PASTA, WHOLE GRAIN
- COUSCOUS, WHOLE WHEAT
- TORTILLA, WHOLE WHEAT
- TORTILLA, CORN

- LEMON
- SPICES
- GARLIC
- LIME
- HOT SAUCE
- HERBS
- GINGER
- MUSTARD
- VINEGARS
- PURE EXTRACTS



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