

PRODUCE

Cucumber		Mandarins	
Lettuce		Bananas	
Tomatoes*		Apples*	
Avocados		Pears*	
Zucchini		Strawberries*	
Mushrooms		Watermelon	
String beans		Melon	
Snow peas		Blueberries	
Cauliflower		Raspberries	
Broccoli		Blackberries	
Spinach*		Oranges	
Sweet Potatoes*		Lemons	
Pumpkin		Dates	
Onion		Celery*	
Red Onion		Eggplant	
Garlic		Kale	
Carrots		Capsicums*	
Asparagus		Salad Mix	

** Buy these items organic - these are part of the dirty dozen, the highest pesticide-sprayed crops.*

PROTEINS

Red Lentils		Bean Mix (can)	
Soup Mix		Black Beans (can)	
Lentils (can)		Falafels	
Chickpeas (can)		Tofu/Tempeh	

GRAINS

Rye Bread		Oats	
Wraps		Granola	
Quinoa		Chia Seeds	
Brown Rice		Brown Rice (Basmati)	
Buckwheat Pasta		Black Bean Noodles	

NON-DAIRY

Almond Milk		Hummus	
Vegan Cheese		Coconut Milk	

SNACKS

Almonds		Rice Crackers	
Trail Mix		Rice Thins	
Cashews		Lentil Chips	
Dates		Pepitas	
Seed Mix		Crackers	
Peanuts		Macadamias	
Pistachios		Cacao Nibs*	

PANTRY SUPPLIES

Olive Oil		Peanut Butter	
Coconut Oil		Nut Butter	
Balsamic Vinegar		Cinnamon	
Lemon Juice		Maple Syrup	
Other herbs/spices		Coconut Flour	
Almond Meal		Protein Bars/Powder	
Cacao		Cacao Butter*	
Shredded Coconut		Vegetable Stock	
Crushed Tomatoes (can)		Tomato Paste*	
Pasta Sauce*		Coconut Sugar	

FROZEN

Berries		Bananas	
Peas & Corn			

BEVERAGES

Peppermint Tea		Juice	
Matcha Powder			