



VEGETARIAN SHOPPING LIST

Fruits & Vegetables

- ☐ Rainbow VARIETY, organic and locally-grown if possible
- ☐ Include lots of dark green leafy and cruciferous vegetables: broccoli, cabbage, spinach, kale, Swiss chard
- ☐ Focus on fruits that are low in fructose: apricots, cantaloupe, lemons, limes, passion fruit, plums and raspberries
- ☐ Dirty Dozen (always buy organic): strawberries, cherries, raspberries, celery, lettuce, spinach

Grains & Flours

- ☐ Sprouted grain bread or homemade sourdough
- ☐ Quinoa, amaranth, buckwheat, millet
- ☐ White, brown & wild rice
- ☐ Organic steel cut oats, certified gluten free
- ☐ Sprouted grain, brown rice, or quinoa pasta
- ☐ Miracle Noodles
- ☐ Blanched almond flour, Coconut flour, or other nut flours

Beans & Legumes (properly prepared)

- ☐ Lentils
- ☐ Black beans
- ☐ Garbanzo beans
- ☐ Navy beans
- ☐ Red beans
- ☐ Kidney beans
- ☐ White beans
- ☐ Split peas

Sweeteners

- ☐ Raw, unfiltered, local honey
- ☐ Raw coconut sap sugar
- ☐ Whole Leaf Stevia
- ☐ Pure maple syrup

Eggs (organic, pasture-raised, free-range)

Nuts & Seeds (raw, unroasted, unsalted)

- ☐ Almonds
- ☐ Walnuts
- ☐ Macadamia
- ☐ Pecans
- ☐ Pumpkin seeds
- ☐ Sunflower seeds (shelled)
- ☐ Brazil nuts
- ☐ Hazelnuts
- ☐ Chia seeds
- ☐ Hemp seeds
- ☐ Flaxseeds
- ☐ Pine nuts
- ☐ Sesame seeds
- ☐ Natural nut butters made from these nuts & seeds (raw, unroasted, unsalted)

Dairy (organic, grass-fed, full-fat, preferably raw)

- ☐ Grassfed butter or ghee
- ☐ Yogurt, plain
- ☐ Kefir, plain
- ☐ Whole milk
- ☐ Cheese, raw
- ☐ Goat milk and cheese
- ☐ Heavy whipping cream
- ☐ Sour cream
- ☐ Cottage cheese

Fats & Oils

- ☐ Extra-virgin, unrefined olive oil
- ☐ Raw & unrefined coconut oil
- ☐ XCT Oil
- ☐ Raw coconut butter
- ☐ Fish oil (high-quality)
- ☐ Organic pastured egg yolks
- ☐ Cold-processed (unheated) organic nut oils: macadamia oil, avocado oil
- ☐ Coconut milk
- ☐ Coconut cream
- ☐ Avocados

- ☐ Olives (in brine without sugar or preservatives)

Miscellaneous

- ☐ All herbs and spices: fresh and dried
- ☐ Raw Coconut Vinegar
- ☐ Coconut Secret Coconut Aminos
- ☐ Raw Apple Cider Vinegar
- ☐ Teecino (herbal coffee alternative)
- ☐ Organic ketchup without added sugar
- ☐ High quality dijon mustards (made without canola oil or added sugars)
- ☐ Homemade bone broths or ordered online from The Brothery
- ☐ Celtic Sea Salt, Himalayan Salt
- ☐ Unsweetened coconut flakes
- ☐ Raw Cacao Powder
- ☐ Cacao Butter
- ☐ Vanilla Bean Powder