



Printable Grocery List

Remember, before you know what goes on your grocery list you must know what you are going to make. Below is an example of 3 days worth of meals. All the ingredients you need to make the above meals are listed below. I have broken down your grocery list for you into sections. At the bottom you will find a [printable grocery list](#). Cross off any ingredients you already have. Add any extra ingredients not on this list that you will need. Use the check mark box when shopping to make sure you got everything on your list.

The nourishing meals I have chosen for my family for 3 days are:

Breakfast - [Avocado Toast](#) with fruit bowl * [Chia Banana Pancakes](#) with berry compote * [Scrambled Eggs](#) with avocado, sauerkraut and sauteed green veggies (like brussel sprouts with garlic, halved cherry tomatoes, olive oil salt)

Lunch - [Tuna Vegetable Salad](#) with cucumbers and carrots * [Hummus Vegetable Sandwich](#) * [Quinoa & Chickpea Salad](#) (serve with a large salad with [dressing from here](#))

Dinner - [Greek Chicken and Veggies with Rice](#) * * [Red Lentil Curry Stew](#) * [Cauliflower Cheesy Pasta](#) (serve all dinners with a large salad, greens and toppings are your choice, with [dressing from here](#))

Snack: [Berry Berry Good Muffins](#)

*All of these are found on wholeandhealthykitchen.com/recipes

** Don't forget to save them so they show up on your dashboard

Use this list as a guide. You may choose different food options and thus will have different grocery list ingredients.

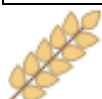
Grocery Shopping List



Fresh Produce & Fruit



| | |
|--|---|
| <input type="checkbox"/> Avocado <input type="checkbox"/> Apples <input type="checkbox"/> Banana's <input type="checkbox"/> Kiwi <input type="checkbox"/> Baby Kale or Baby Spinach <input type="checkbox"/> Berries • Type: _____ <input type="checkbox"/> Cucumber <input type="checkbox"/> Carrots <input type="checkbox"/> Cauliflower <input type="checkbox"/> Green onions <input type="checkbox"/> Lemons <input type="checkbox"/> • _____ | <input type="checkbox"/> Sweet Potatoes <input type="checkbox"/> Potatoes <input type="checkbox"/> Romaine Lettuce <input type="checkbox"/> Tomatoes <input type="checkbox"/> Brussel Sprouts <input type="checkbox"/> Cherry Tomatoes <input type="checkbox"/> Fresh Herbs (optional) • Type: _____ Example - Parsley, cilantro <input type="checkbox"/> Onions • Type: _____ - example green onion, spanish onion, red onion, white onions, scallions <input type="checkbox"/> Garlic <input type="checkbox"/> • _____ <input type="checkbox"/> • _____ |
|--|---|



Grains & Seeds/Nuts

| | |
|--|---|
| <input type="checkbox"/> Sprouted Grain Bread <input type="checkbox"/> Muesli Rounds <input type="checkbox"/> Wraps <input type="checkbox"/> Rice <input type="checkbox"/> Quinoa <input type="checkbox"/> Quick Oats <input type="checkbox"/> Granola <input type="checkbox"/> Flour • Type: _____ Example - almond flour, chickpea flour, coconut flour, whole wheat flour <input type="checkbox"/> • _____ | <input type="checkbox"/> Seeds • Type: _____ -example: sesame seeds, pumpkin seeds, sunflower seeds <input type="checkbox"/> Nuts • Type: _____ -example: sliced almonds, tamari almonds, walnuts, cashews <input type="checkbox"/> Hemp Hearts <input type="checkbox"/> Chia Seed <input type="checkbox"/> Flax Meal <input type="checkbox"/> Gluten Free Penne Noodles <input type="checkbox"/> • _____ |
|--|---|



Meat / Protein

☐

Eggs

☐

Canned Chickpeas

☐

Canned Tuna

☐

canned black beans

☐

• _____

☐

Red Lentils

☐

Cheese [feta / goat / cheddar]

☐

Chicken thighs or breasts

☐

• _____



Extras

☐

Raw Honey

☐

Coconut Sugar or Maple Syrup

☐

Spices • Type: _____

- example cinnamon, curry, turmeric, cumin, coriander, ginger, garlic powder

☐

Mayonnaise or veganaise

☐

Hummus!

☐

Sauces • Type: _____

Example - your curry sauce, tahini, butternut chicken

☐

Oils • Type: _____

Example - olive oil, coconut oil, avocado oil butter

☐

Sauerkraut

☐

Cream or non dairy milk

☐

Baking soda

☐

Baking Powder

☐

Vanilla

☐

Apple sauce

☐

Almond Milk

☐

Canned Coconut Milk

☐

Dairy-free Yogurt OR Kefir (strawberry, blueberry or mango)

☐

Soya sauce

Examples - Braggs or Tamari

☐

Apple cider vinegar

☐

Dried Cranberries

☐

Frozen blueberries

☐

Frozen strawberries

☐

• _____

☐

• _____