



# Comprehensive Grocery List

## Whole Foods - Kitchen Alchemy Course



### Fresh Vegetables/Herbs

<input type="checkbox"/> Asparagus	<input type="checkbox"/> Kale
<input type="checkbox"/> Avocado	<input type="checkbox"/> Leafy greens • Type: _____
<input type="checkbox"/> Beetroot	<input type="checkbox"/> Leeks
<input type="checkbox"/> Bell peppers	<input type="checkbox"/> Mushrooms • Type: _____
<input type="checkbox"/> Broccoli	<input type="checkbox"/> Onions • Type: _____
<input type="checkbox"/> Brussels sprouts	<input type="checkbox"/> Potatoes • Type: _____
<input type="checkbox"/> Butternut Squash	<input type="checkbox"/> Parsnips
<input type="checkbox"/> Cabbage • Type: _____	<input type="checkbox"/> Peppers • Type: _____
<input type="checkbox"/> Carrots	<input type="checkbox"/> Radishes
<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Spinach
<input type="checkbox"/> Celery	<input type="checkbox"/> Sprouts • Type: _____
<input type="checkbox"/> Cilantro	<input type="checkbox"/> Snap Peas
<input type="checkbox"/> Corn	<input type="checkbox"/> Spaghetti squash
<input type="checkbox"/> Cucumbers	<input type="checkbox"/> Sweet potatoes
<input type="checkbox"/> Eggplant	<input type="checkbox"/> Tomatoes • Type: _____
<input type="checkbox"/> Garlic	<input type="checkbox"/> Turnip
<input type="checkbox"/> Ginger	<input type="checkbox"/> Zucchini
<input type="checkbox"/> Green beans	<input type="checkbox"/> Other: _____
<input type="checkbox"/> Jalapeño peppers	<input type="checkbox"/> Other _____
<input type="checkbox"/> Parsley, fresh	<input type="checkbox"/> Other _____
<input type="checkbox"/> Other herbs • Type: _____	<input type="checkbox"/> Other _____
<input type="checkbox"/> Other _____	<input type="checkbox"/> Other _____
<input type="checkbox"/> Other _____	



## Fresh Fruit

<input type="checkbox"/> Apples • Type: _____	<input type="checkbox"/> Mangoes
<input type="checkbox"/> Bananas	<input type="checkbox"/> Melons • Type: _____
<input type="checkbox"/> Berries • Type: _____	<input type="checkbox"/> Nectarines
<input type="checkbox"/> Figs	<input type="checkbox"/> Oranges
<input type="checkbox"/> Grapefruits	<input type="checkbox"/> Papayas
<input type="checkbox"/> Grapes	<input type="checkbox"/> Peaches
<input type="checkbox"/> Kiwis	<input type="checkbox"/> Pears
<input type="checkbox"/> Lemons	<input type="checkbox"/> Pineapples
<input type="checkbox"/> Limes	<input type="checkbox"/> Other: _____
	<input type="checkbox"/> Other _____



## Frozen Foods

<input type="checkbox"/> Bananas (slightly brown, cut into cubes and then frozen)	<input type="checkbox"/> Frozen fruits • Type: _____
<input type="checkbox"/> Blueberries	<input type="checkbox"/> Frozen veggies • Type: _____
<input type="checkbox"/> Dairy-free ice cream/sorbets/natural juice freezies	<input type="checkbox"/> Peas
<input type="checkbox"/> Edamame	<input type="checkbox"/> Corn
	<input type="checkbox"/> Pineapple
	<input type="checkbox"/> Broccoli + Cauliflower



## SuperFoods

<input type="checkbox"/> Chlorella	<input type="checkbox"/> Moringa
<input type="checkbox"/> Coconut Oil	<input type="checkbox"/> Nutritional Yeast
<input type="checkbox"/> E3 Live / Spirulina	<input type="checkbox"/> Flax Meal
<input type="checkbox"/> Flax meal	<input type="checkbox"/> Chia Seeds
<input type="checkbox"/> Kefir (strawberry, blueberry or mango)	<input type="checkbox"/>



## Meat / Alternatives

- Almond butter
- Black beans
- Other beans • Type: \_\_\_\_\_
- Chia seeds
- Chickpeas
- Edamame
- Falafel
- Flax seeds ground
- Garden burgers
- Eggs
- Hemp hearts
- Hummus
- Quinoa

### Meat / Protein:

- Grass-fed Chicken (whole or breast)
- Free Range Organic Eggs
- Ground chicken or turkey
- Chicken thighs, skin on
- Red meat / sausage

- Red Lentils
- Green Lentils
- Brown Lentils
- Other Lentils • Type: \_\_\_\_\_
- Nuts • Type: \_\_\_\_\_
- Peanut butter
- Seeds (poppy, pumpkin, sesame, sunflower)
- Paneer
- Tofu • Type: \_\_\_\_\_
- If meat eater • Type: \_\_\_\_\_
- Other • Type: \_\_\_\_\_
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## Dairy + Alternatives

- Non-dairy milk (almond, coconut, soy)\*
- Non-dairy yogurt (coconut)\*
- Non- Dairy creamer (hazelnut)
- Feta / goat / high quality cheddar • Type: \_\_\_\_\_
- Organic Whole Milk
- Organic Cream
- Butter or Vegan Butter
- Full fat greek yogurt plain



## Grains

<input type="checkbox"/> Barley <input type="checkbox"/> Bread - Sprouted • Type: _____ <input type="checkbox"/> Buckwheat <input type="checkbox"/> Couscous <input type="checkbox"/> Crackers <input type="checkbox"/> Quinoa <input type="checkbox"/> Millet <input type="checkbox"/> Noodles (buckwheat, rice, soba, vermicelli)	<input type="checkbox"/> Pasta • Type: _____ <input type="checkbox"/> Popcorn kernels <input type="checkbox"/> Rice • Type(s): _____ <input type="checkbox"/> Rice cakes <input type="checkbox"/> Rolled oats <input type="checkbox"/> Steel-cut oats <input type="checkbox"/> Tortillas or taco shells <input type="checkbox"/> Naan Bread / Mini Rounds <input type="checkbox"/>
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## Condiments

<input type="checkbox"/> Olive Oil <input type="checkbox"/> Hot sauce • Type: _____ <input type="checkbox"/> Oyster /fish sauce <input type="checkbox"/> Jam/jelly/preserves <input type="checkbox"/> Organic Ketchup <input type="checkbox"/> Raw Honey <input type="checkbox"/> Maple Syrup <input type="checkbox"/> Tahini	<input type="checkbox"/> Olive Oil Mayo <input type="checkbox"/> Miso paste <input type="checkbox"/> Dijon Mustard <input type="checkbox"/> BBQ sauce <input type="checkbox"/> Salsa <input type="checkbox"/> Soy sauce, low sodium, or tamari / Braggs <input type="checkbox"/> <input type="checkbox"/>
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## Pantry

<input type="checkbox"/> Applesauce <input type="checkbox"/> Bouillon cubes, vegetable or mushroom <input type="checkbox"/> Dried coconut, flakes or shredded <input type="checkbox"/> Dried fruit • Type: _____ <input type="checkbox"/> Dry beans • Type: _____ <input type="checkbox"/> Dry lentils • Type: _____ <input type="checkbox"/> Vinegars (apple cider, balsamic, rice, white) <input type="checkbox"/> Rice Crackers	<input type="checkbox"/> Kimchi / Sauerkraut <input type="checkbox"/> Oils (coconut, olive, sesame, vegetable) <input type="checkbox"/> Olives • Type: _____ <input type="checkbox"/> Jarred marinara/tomato sauce <input type="checkbox"/> Pickles <input type="checkbox"/> Rice paper <input type="checkbox"/> Bread Crumbs <input type="checkbox"/> Sun-dried tomatoes <input type="checkbox"/>
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## Canned Goods

<input type="checkbox"/> Beans • Type: _____ <input type="checkbox"/> Coconut milk , whole- or low-fat <input type="checkbox"/> Corn <input type="checkbox"/> Lentils • Type: _____ <input type="checkbox"/> Pumpkin Puree	<input type="checkbox"/> Tomatoes petite diced <input type="checkbox"/> Tomato paste <input type="checkbox"/> Tuna <input type="checkbox"/> Homemade Pickles + pickled onions + carrots <input type="checkbox"/>
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## Baking Goods

<input type="checkbox"/> Baking soda Baking powder <input type="checkbox"/> Cocoa powder <input type="checkbox"/> Flour • Type: _____ <input type="checkbox"/>	<input type="checkbox"/> Sugar (coconut sugar, monkfruit/stevia) <input type="checkbox"/> Vanilla extract <input type="checkbox"/> Chocolate chips <input type="checkbox"/>
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## Beverages

<input type="checkbox"/> Coconut water <input type="checkbox"/> Coffee (I love kicking horse- 3 sisters) • Type: _____ <input type="checkbox"/> Juice (we get oasis) • Type: _____	<input type="checkbox"/> Kombucha <input type="checkbox"/> Sparkling water <input type="checkbox"/> Tea • Type: _____ <input type="checkbox"/> <input type="checkbox"/>
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## Snacks

<input type="checkbox"/> Baby carrots <input type="checkbox"/> Hummus <input type="checkbox"/> Crackers/pretzels <input type="checkbox"/> Granola Bars (made good / Lara Bars) <input type="checkbox"/> Veggie straws <input type="checkbox"/> Apple Sauce	<input type="checkbox"/> Dried fruit <input type="checkbox"/> Nuts/seeds Type: _____ <input type="checkbox"/> Popcorn <input type="checkbox"/> Potato/corn chips <input type="checkbox"/> Rice cakes <input type="checkbox"/> Seaweed snacks
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## Spices

<input type="checkbox"/> Bay leaves	<input type="checkbox"/> Garlic powder
<input type="checkbox"/> Black pepper	<input type="checkbox"/> Ginger, ground
<input type="checkbox"/> Cardamom pods	<input type="checkbox"/> Nutmeg, ground
<input type="checkbox"/> Cayenne pepper	<input type="checkbox"/> Onion powder
<input type="checkbox"/> Chili powder	<input type="checkbox"/> Oregano
<input type="checkbox"/> Cinnamon, ground and sticks	<input type="checkbox"/> Paprika (and/or smoked)
<input type="checkbox"/> Cloves	<input type="checkbox"/> Pumpkin pie spice
<input type="checkbox"/> Coriander, ground and whole	<input type="checkbox"/> Red pepper flakes
<input type="checkbox"/> Cumin, ground and whole	<input type="checkbox"/> Rosemary
<input type="checkbox"/> Curry powder	<input type="checkbox"/> Sage
<input type="checkbox"/> Dill	<input type="checkbox"/> Salt (sea salt and/or himalayan pink)
<input type="checkbox"/> Garam masala	<input type="checkbox"/> Star anise
<input type="checkbox"/>	<input type="checkbox"/> Turmeric
<input type="checkbox"/>	<input type="checkbox"/> Thyme, ground



## Kitchen Supplies

<input type="checkbox"/> Aluminum foil	<input type="checkbox"/> Garbage bags
<input type="checkbox"/> Baking/parchment paper	<input type="checkbox"/> Paper towels
<input type="checkbox"/> Cling wrap	<input type="checkbox"/> Toothpicks
<input type="checkbox"/> Dish cloths / Towels	<input type="checkbox"/> Wax paper
<input type="checkbox"/> Dish soap	<input type="checkbox"/> Zipper bags (freezer, sandwich)
<input type="checkbox"/> Dish sponges/scrubbers	<input type="checkbox"/>



## Personal Care

<input type="checkbox"/> Hand soap (seventh generation)	<input type="checkbox"/> Impulse purchase #1
<input type="checkbox"/> Vitamin C powder (AA's)	<input type="checkbox"/> Impulse purchase #2
<input type="checkbox"/> Magnesium	<input type="checkbox"/> Face lotion / wash (andalou)
<input type="checkbox"/> Vitamin B12	<input type="checkbox"/> Probiotics (or check out Athletic Greens)
<input type="checkbox"/> Vitamin D	<input type="checkbox"/>