

Whole Food Grocery Shopping List

© Sherry Rothwell www.wholefoodsfamily.com

Fruit

- (spring & summer)local/fresh/in season, avocados, olives
- (fall & winter)local/fresh/in season □1 package frozen berries □1 bag dried fruit

Vegetables

- fresh from your local CSA
- Staple Vegetables** □cauliflower □broccoli □cabbage □carrots □celery □ potatoes □yams □squash/zucchini □ mushrooms □eggplant □tomato □lemon □garlic □onions (yellow and green) □ginger root □cucumber □corn □peas

Greens

- 3-4 of □Swiss Chard □Kale □Spinach □Collards etc.

Seaweed

- 1 of either Nori, Dulse, Hijiki, Wakame, etc.

Fresh Herbs

- 2 of □cilantro □parsley □basil □dill □thyme

Dried Seed and Powder Spices

- (certified organic, non-irradiated)

- cumin □coriander □fenugreek □tumeric □cinnamon □mustard seeds □garam masala □fennel □curry □cardamom □cayenne □asafoetida(hing) □cloves □black pepper □chili pepper □paprika □thyme □sage □rosemary □parsley □oregano □nutmeg □mint □marjoram □dill □bay leaf □basil □all spice

Legumes

- 1 Lentil □1Bean □1 Split Pea

Grains

- Brown Rice □Oats □Barley □Rice Paper □Rice Noodles □Quinoa □Millet □Buckwheat □Amaranth

Bread

- (naturally leavened commercial yeast free or sprouted)

Flour

- Spelt □Teff □Amaranth □Cornmeal □Wheat

Nuts

- 1 bag nuts of either almonds, walnuts, cashews, filberts, hazelnuts etc.

Seeds

- 1 bag seeds of either sesame, sunflower, hemp, salba, flax etc.

Drinks

- organic fair trade Coffee □teecino □chai □rooibos □mate □roasted dandelion root

Probiotic Foods

- Yogurt (non-homogenized) □TraditionalPickles (Bubba's brand)

- unpasteurized Sauerkraut

Good Fats

- (organic & unrefined, packaged in glass, not plastic if at all possible)

- 1 butter □ 1 oil of either coconut oil, olive oil, sesame oil, toasted sesame oil, ghee □ 1 of either flax oil, hemp oil

Condiments/Cooking Ingredients

- (unpasteurized)apple cider vinegar □balsamic vinegar □organic ketchup sweetened with agave □namu shoyu □red star nutritional yeast (B12) □mustard □mayo (Wilderness Family Naturals) □miso □yeast free veggie stock □almond butter □tahini □organic peanut butter □kelp powder

Sweets

- raw honey □organic blackstrap molasses □agave syrup □maple syrup □unrefined cane sugar □stevia □organic zero

Baking

- coconut flour □carob powder □organic fair trade cocoa powder □agar flakes □arrowroot powder □kudzu □baking soda □aluminum free baking powder □egg replacer □vanilla & other extracts

Unrefined Salt

- 1 of Celtic, Himalayan salt or other unrefined salt

Animal Products

- dairy: □organic milk (cow or goat), □ 2 blocks cheese (cow or goat) □ 2 yogurt □ 2 cream □1 whipping cream (organic, raw or at least non-homogenized)

- 1 dozen eggs (best from pasture fed chickens or second best free range chickens fed flax or

fish meal)

- 3 of either Fresh North Atlantic Ocean Fish) salmon, tuna, swordfish, sole, flounder
- 1 of either poultry: organic, cage free or pasture fed chicken, turkey, Cornish game hens, domesticated duck

- 1 of either organic organ meat: thymus, liver, kidney, heart and brains

- 1 of either red meat: beef, lamb, sheep, goat (organically raised and pasture fed)

Fermented/Sprouted Soybean □ tempeh □ miso (try to find a brand that is packaged in glass instead of plastic) □ sprouted Tofu (made by Wildwood Organics) □ namu shoyu (naturally brewed, unpasteurized)