

# The Simple And Good Grocery List

**Fruit** – Produce should be purchased as needed, WEEKLY. *Plan to purchase produce, once a week.*

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|---|---|---|---|
| <input type="checkbox"/> Apple, Fuji - 3              | <input type="checkbox"/> Currants - med. bag      | <input type="checkbox"/> Limes - 3              | <input type="checkbox"/> Prunes - med. bag    |
| <input type="checkbox"/> Apricot, dried - med. bag    | <input type="checkbox"/> Currants, dried          | <input type="checkbox"/> Mango - 4              | <input type="checkbox"/> Raisin - lg. bag     |
| <input type="checkbox"/> Avocados - 15                | <input type="checkbox"/> Dates - lg. bag          | <input type="checkbox"/> Mango, frozen - 2 bags | <input type="checkbox"/> Strawberries - 2 pt. |
| <input type="checkbox"/> Banana - 9                   | <input type="checkbox"/> Fig - lg. bag            | <input type="checkbox"/> Orange - 2             | <input type="checkbox"/> Watermelon, slices   |
| <input type="checkbox"/> Berries, frozen mix – 3 bags | <input type="checkbox"/> Grapes, seeded – lg. bag | <input type="checkbox"/> Peach - 4              |   |
| <input type="checkbox"/> blueberries - 6 cups         | <input type="checkbox"/> Jelly - no high fructose | <input type="checkbox"/> Pear - 2               |   |
|   | <input type="checkbox"/> Jicama (hee-ka-ma)       | <input type="checkbox"/> Plum - 2               |   |

**Vegetable** – Produce should be purchased as needed, WEEKLY. *Plan to purchase produce, once a week.*

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|--|--|---|--|
| <input type="checkbox"/> Baby green mix – 2 bags   | <input type="checkbox"/> Eggplant - small                        | <input type="checkbox"/> Onion, green - 9           | <input type="checkbox"/> String beans                          |
| <input type="checkbox"/> Broccoli – 2 bags         | <input type="checkbox"/> Green Chile - 4 oz.                     | <input type="checkbox"/> Onion, red - 6             | <input type="checkbox"/> Tomatillos - 14                       |
| <input type="checkbox"/> Celery, ribs - 7          | <input type="checkbox"/> Jalapeno peppers – 3 lg.                | <input type="checkbox"/> Onion, yellow - 2          | <input type="checkbox"/> Tomato paste – small can              |
| <input type="checkbox"/> Chick peas - 15.5 oz. can | <input type="checkbox"/> Kale - 3 bunches                        | <input type="checkbox"/> Pepper, green - 2          | <input type="checkbox"/> Tomato, cherry – 2 pints              |
| <input type="checkbox"/> Chilies - 3               | <input type="checkbox"/> Leeks, bunches - 3                      | <input type="checkbox"/> Pepper, red - 5            | <input type="checkbox"/> Tomato, crushed - 28 oz. can          |
| <input type="checkbox"/> Chives, bunches           | <input type="checkbox"/> Lettuce, Romaine – 5 heads              | <input type="checkbox"/> Scallions - 2              | <input type="checkbox"/> Tomato, plum - 20                     |
| <input type="checkbox"/> Cilantro - 2 bunches      | <input type="checkbox"/> Mushroom (all except shitake) - 1/4 lb. | <input type="checkbox"/> Spinach leaves - 5 bunches | <input type="checkbox"/> Tomatoes, cherry diced - 15.5 oz. can |
| <input type="checkbox"/> Coriander, fresh          | <input type="checkbox"/> Olives - 1/4 cup                        | <input type="checkbox"/> Squash, butternut - 2      | <input type="checkbox"/> Zucchini - 7                          |
| <input type="checkbox"/> Cucumbers, med. - 12      | <input type="checkbox"/> Onion, white - 8                        | <input type="checkbox"/> Squash, yellow - 4         |  |

**Spices & Seasonings** – Stores like Trader Joes have very reasonable prices. Online shopping for seasonings is a good choice.

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|---|--|--|--|
| <input type="checkbox"/> Arame - cup        | <input type="checkbox"/> Cinnamon        | <input type="checkbox"/> Nori flakes         | <input type="checkbox"/> Sea salt  |
| <input type="checkbox"/> Basil leaves - 16  | <input type="checkbox"/> Cumin           | <input type="checkbox"/> Nori Sheets - bag   | <input type="checkbox"/> Southwest blend seasoning ('Blend It Up', is my favorite) |
| <input type="checkbox"/> Basil, sweet       | <input type="checkbox"/> Dijon mustard   | <input type="checkbox"/> Nutmeg              | <input type="checkbox"/> Thyme   |
| <input type="checkbox"/> Bay leaves         | <input type="checkbox"/> Dill            | <input type="checkbox"/> Onion powder        | <input type="checkbox"/> Turmeric  |
| <input type="checkbox"/> Black/White pepper | <input type="checkbox"/> Giardiniera     | <input type="checkbox"/> Oregano, minced - 2 | <input type="checkbox"/> Vanilla extract or beans                                  |
| <input type="checkbox"/> Cayenne            | <input type="checkbox"/> Ginger root - 2 | <input type="checkbox"/> Parsley – 3 bunches |  |
| <input type="checkbox"/> Chili powder, red  | <input type="checkbox"/> Marjoram        | <input type="checkbox"/> Rosemary            |  |

**Grains** – Shop around for good prices and online shopping is a great option for dry goods. I like Bob's Red Mill for grains.

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|---|---|--|--|
| <input type="checkbox"/> Almond meal – bag or ground your own | <input type="checkbox"/> Cereal (Heritage Heirloom)   | <input type="checkbox"/> Millet flour              | <input type="checkbox"/> Spelt spaghetti           |
| <input type="checkbox"/> Aunt Jemima buckwheat mix            | <input type="checkbox"/> Corn tortilla chips, organic | <input type="checkbox"/> Nutritional yeast         | <input type="checkbox"/> Spirulina – 8 oz.         |
| <input type="checkbox"/> Baking powder                        | <input type="checkbox"/> Corn meal, organic           | <input type="checkbox"/> Penne or Rotini, spelt    | <input type="checkbox"/> Tapioca flour – small bag |
| <input type="checkbox"/> Bread, spelt                         | <input type="checkbox"/> Cracker (multigrain)         | <input type="checkbox"/> Quinoa (keen-wa) – 2 lbs. |  |
|   | <input type="checkbox"/> Flaxseed meal                | <input type="checkbox"/> Spelt flour               |  |

## Nuts

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|--|---|--|---|--|
| <input type="checkbox"/> Tahini/Sesame paste | <input type="checkbox"/> Almond - 3 lb. bag | <input type="checkbox"/> Almond butter | <input type="checkbox"/> Sesame seeds – small jar | <input type="checkbox"/> Walnut – med. bag |
|--|---|--|---|--|

**Liquids** – Shop around for good prices and online shopping maybe a better option.

- |  |   |  |  |
|--|---|--|--|
| <input type="checkbox"/> Agave nectar                            | <input type="checkbox"/> lemon juice, organic | <input type="checkbox"/> Naked, Green Machine-2      | <input type="checkbox"/> Simply Orange(3), & Grapefruit(2) |
| <input type="checkbox"/> Almond milk - 2 / 32 oz.                | <input type="checkbox"/> Lime juice - 12 oz.  | <input type="checkbox"/> Naked, Mango Madness-2      | <input type="checkbox"/> Water, Distilled 32 oz.           |
| <input type="checkbox"/> Apple juice, unfiltered                 | <input type="checkbox"/> Mango nectar         | <input type="checkbox"/> Papaya nectar               | <input type="checkbox"/> Water, Spring 3-5 gal.            |
| <input type="checkbox"/> Avocado & Tomatillo sauce (Trader Joes) | <input type="checkbox"/> Maple syrup, large   | <input type="checkbox"/> Passion Fruit Juice - liter | <input type="checkbox"/> Wine, red and white - Frey small  |
| <input type="checkbox"/> Cherry juice                            | <input type="checkbox"/> Naked, Blue/pomeg.-2 |  |  |
| <input type="checkbox"/> Izzi, sparkling water - 2               |   |  |  |

**Oils** – Shop around for good prices and online shopping maybe a better option.

- |                                       |   |   |  |
|---------------------------------------|---|---|--|
| <input type="checkbox"/> Flaxseed oil | <input type="checkbox"/> Coconut butter | <input type="checkbox"/> Olive oil, extra virgin cold press | <input type="checkbox"/> Olive oil cooking spray |
|---------------------------------------|---|---|--|