



Shopping List

Week Of: Example Items

VEGETABLES	FRUIT	MEAT/SEAFOOD	CANNED AND DRY GOODS	CLEANING/ PERSONAL
Arugula	Lemons	Grass-Fed Beef	Pinto Beans	Laundry Detergent
Spinach	Limes	Pastured Chicken	Lentils	Dish Detergent
Kale	Grapefruit	Pastured Eggs	Black Beans	Trash Bags
Chard	Oranges	Wild Salmon	Sardines	Paper Towels
Collard Greens	Tangerines	Wild Cod	Olive Oil	Toilet Paper
Asparagus	Apples	Wild Shrimp	Coconut Oil	Toothpaste
Broccoli	Avocados	CONDIMENTS	BAKING	Shampoo/Conditioner
Cauliflower	Strawberries	Sea Salt	Coconut Flour	Soap
Cabbage	DAIRY	Pepper	Stevia	MISCELLANEOUS
Brussels Sprouts	Cottage Cheese (2%)	Garlic	Walnuts	Blender Bottle
Onions	Greek Yogurt (Plain)	FROZEN FOOD	Cacao Nibs	Workout Shorts
Radishes	Lowfat Organic Milk	Mixed Vegetables	BEVERAGES	Socks
Parsnips	Part-Skim Mozzarella	Green Peas	Sparkling Water	Printer Paper
Sweet Potatoes	Kefir (Plain)	Amy's Burrito Bowl	Coffee	
Cucumbers	Ghee	Halibut	Earl Grey Tea	