Grocery List

FRUITS

- [ ] Raspberries
- [ ] Cranberries
- [ ] Strawberries
- [ ] Blackberries
- [ ] Tangerines
- [ ] Nectarines
- [ ] Pears
- [ ] Peaches
- [ ] Plums
- [ ] Coconut
- [ ] Apples
- [ ] Melons
- [ ] Grapefruit
- [ ] Apricots
- [ ] Pomegranate
- [ ] Lemon
- [ ] Lime

SPICES

- [ ] Parsley
- [ ] Thyme
- [ ] Lavender
- [ ] Mint
- [ ] Basil
- [ ] Rosemary
- [ ] Chives
- [ ] Tarragon
- [ ] Oregano
- [ ] Sage
- [ ] Dill
- [ ] Bay leaves
- [ ] Coriander/cilantro
- [ ] Lemongrass
- [ ] Ginger
- [ ] Garlic
- [ ] Galangal
- [ ] Cumin
- [ ] Turmeric
- [ ] Cinnamon
- [ ] Nutmeg
- [ ] Paprika
- [ ] Vanilla
- [ ] Cloves
- [ ] Chillies
- [ ] Garam masala
- [ ] Cajun

VEGETABLES

- [ ] Spinach
- [ ] Kale
- [ ] Swiss Chard
- [ ] Lettuce
- [ ] Cabbage
- [ ] Broccoli
- [ ] Cauliflower
- [ ] Brussel Sprouts
- [ ] Arugula
- [ ] Asparagus
- [ ] Bok Choy
- [ ] Green Beans
- [ ] Fennel
- [ ] Green Peppers
- [ ] Carrots
- [ ] Cucumbers
- [ ] Celery
- [ ] Baby
- [ ] Potatoes
- [ ] Squash
- [ ] Spaghetti Squash
- [ ] Tomatoes
- [ ] Sundried Tomatoes
- [ ] Beets
- [ ] Pickles
- [ ] Mushrooms
- [ ] Radish
- [ ] Parsnips
- [ ] Turnips

CONDIMENTS

- [ ] Lemon juice
- [ ] Lime juice
- [ ] Apple cider vinegar
- [ ] Balsamic vinegar
- [ ] Red wine vinegar
- [ ] White wine vinegar
- [ ] Rice vinegar
- [ ] Dijon mustard
- [ ] Yellow mustard

SNACKS

- [ ] Hummous
- [ ] Wholegrain crackers
- [ ] Kimchi
- [ ] Popcorn

SEAFOOD

- [ ] Tuna
- [ ] Salmon
- [ ] Cod
- [ ] Trout
- [ ] Bass
- [ ] Flatfish
- [ ] Whitehead
- [ ] Mackerel
- [ ] Herring
- [ ] Eel
- [ ] Haddock
- [ ] Red snapper
- [ ] Trout
- [ ] Drum
- [ ] Walleye
- [ ] Sardines
- [ ] Crab
- [ ] Lobster
- [ ] Prawns
- [ ] Shrimp
- [ ] Oysters
- [ ] Mussels
- [ ] Clams
- [ ] Scallops
- [ ] Abalone
- [ ] Crayfish

BEANS

- [ ] Chickpeas
- [ ] Kidney Beans
- [ ] Black Beans
- [ ] NavyBeans
- [ ] Romano Beans
- [ ] Edamame
- [ ] Lentils
- [ ] Tofu

OILS

- [ ] Avocado oil
- [ ] Olive oil
- [ ] MCT oil
- [ ] Butter
- [ ] Ghee
- [ ] Coconut oil
- [ ] Cococa butter
- [ ] Tahini

MEAT

- [ ] Chicken breast
- [ ] Turkey breast
- [ ] Lamb lean
- [ ] Duck
- [ ] Quail
- [ ] Goose
- [ ] Rabbit

DAIRY

- [ ] Eggs
- [ ] Cottage cheese
- [ ] Cheddar
- [ ] Feta
- [ ] Ricotta
- [ ] Cream cheese
- [ ] Sour cream
- [ ] Skim milk
- [ ] Kefir

NUTS & SEEDS

- [ ] Almonds
- [ ] Peanuts
- [ ] Pecans
- [ ] Hazelnuts
- [ ] Cashews
- [ ] Walnuts
- [ ] Macadamia Nuts
- [ ] BrazilNuts
- [ ] Pumpkin Seeds
- [ ] Sunflower Seeds
- [ ] ChiaSeeds
- [ ] Sesame Seeds
- [ ] Nut Butters
- [ ] Flaxseeds

BAKING

- [ ] Cacao
- [ ] Almond flour
- [ ] Almond meal
- [ ] Coconut flour
- [ ] Chickpea flour
- [ ] Ground flaxseed
- [ ] Sesame flour
- [ ] Stevia
- [ ] Vanilla

DRINKS

- [ ] Water
- [ ] Herbal tea
- [ ] Black tea
- [ ] Almond milk
- [ ] Soy milk
- [ ] Coconut milk
- [ ] Hemp milk
- [ ] Kombucha

CARBS/ GRAINS

- [ ] Bulgar
- [ ] Quinoa
- [ ] Amarant
- [ ] Spelt
- [ ] Bukwheat
- [ ] Sorghum
- [ ] Pulse Flours
- [ ] Mung Bean Noodles
- [ ] Kelp Noodles
- [ ] Brown Rice
- [ ] Farro
- [ ] Egg noodles
- [ ] Cauliflower rice
- [ ] Porridge
- [ ] Oat bran
- [ ] Pearled barley
- [ ] Rye bread
- [ ] Wholegrain pumpernickel

OTHER ITEMS

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