

Grocery List

Fruits	Vegetables	Herbs & Spices	Condiments
apples	asparagus	allspice	apple cider vinegar
avocado	beets	anise	apple juice
bananas	bell peppers	basil	applesauce
blackberries	broccoli	bay leafs	baking powder
blueberries	carrots	cardomen	beans for sprouting
cantaloupe	cauliflower	carob	bread
cherries	celery	cayenne pepper	bulgur wheat
coconuts	corn on the cob	chili powder	canned beans
cranberries	cucumber	chives	canned tomato paste
dates	eggplant	cilantro	canned tomato sauce
figs	garlic cloves	cinnamon	canned tomatoes
gooseberries	ginger root	cloves	coconut milk
grapefruit	green cabbage	coriander	coconut water
grapes	green onion	cumin	herbal coffee
honeydew	hot peppers	curry	herbal teas
kiwi	mushrooms	dill	ketchup
lemons	parsnips	fennel	mustard
limes	peas	five spice powder	nutritional yeast
mango	potatoes	garlic	oatmeal
nectarines	pumpkin	ginger	olives
oranges	radish	maca powder	pasta
papaya	red cabbage	marjoram	quinoa
peaches	red onion	mesquite powder	rice basmati
pears	squash	mint	rice milk
pineapple	string beans	mustard seed	rye flour
plums	sun dried tomatoes	nutmeg	sea salt
pomegranate	sweet potatoes	oregano	seeds for sprouting
raisins	tomatoes	paprika	spelt flour
raspberries	turnip	rosemary	unbleached flour
strawberries	yams	saffron	whole wheat flour
watermelon	zucchini	sage	
		tarragon	
Greens	Nuts & Seeds	thyme	hydrogen peroxide 3%
arugula	almonds	turmeric	veggie wash
beet tops	cashews		
Bok Choy	chestnuts	Oils	Sweeteners
Boston lettuce	flax seed	avocado oil	agave
fennel	hazelnuts	coconut oil	coconut palm sugar
kale	macadamia	extra virgin olive oil	honey
mixed	pecans	flax seed oil	maple syrup
parsley	pine nut	grape seed oil	molasses
romaine	pistachios	nut oils	stevia
spinach	poppy	sesame oil	
Swiss chard	pumpkin	Hallelujah Diet Products	
	sesame	BarkeyMax®	Digestive Enzymes
	sunflower	B12B6	Hydroboost
	walnuts	B-Flax-D	Carrot & Beet Max