

Wholesome Eating Shopping List

packaged foods

nut butter, tahini
all-fruit jams, jellies
flax oil, sunflower oil
olive oil, coconut oil

apple cider vinegar
balsamic vinegar
lemon juice
vegan mayonnaise
prepared mustard
salad dressing

wholegrain cereal
wholegrain pasta
wholegrain bread
baked chips, crackers
baking soda
baking powder (Rumford)

canned beans
canned tomatoes
salsa
herbal tea
roast grain beverage
rice/nut milk
purified water

refrigerated/frozen items

wholegrain/corn tortillas
frozen vegetables
frozen fruit/berries

grains

brown rice, wild rice
rolled oats (GF)
steel-cut oats (GF)
buckwheat kasha
quinoa
millet

gluten-free baking

brown rice flour
sorghum flour
cornmeal (blue/yellow)
raw buckwheat groats
or light buckwheat flour
teff flour

fruits

lemons, limes
oranges, grapefruit
kiwi, pineapple
mango, papaya
grapes, berries
apples, pears
peaches, plums
bananas, melons
other:

vegetables

garlic, onions
leeks, scallions
carrots, celery
broccoli, cauliflower
cucumber, radish
zucchini, yellow squash
red peppers, eggplant
turnips, beets
lettuce, spinach
cabbage, kale
collards, other greens
Napa cabbage, parsley
tomatoes, avocados
potatoes, sweet potatoes
squash, mushrooms
ginger root, sprouts
herbs- cilantro, basil
other:

dried fruits

unsweetened, unsulphured
raisins, prunes, dates
figs, apples, papaya
apricots, pineapple

beans, legumes

lentils
split peas
chickpeas
pinto beans
kidney beans
black beans
black-eyed peas
white beans
lima beans
chana dal

herbs, spices

allspice, basil
bay leaves, cardamom
cayenne, celery seed
chili powder, chives
cinnamon, cloves
whole/ground coriander
whole/ground cumin
curry powder, dill

raw nuts

almonds, walnuts
pecans, cashews
pine nuts, Brazil nuts

raw seeds

flax seeds, sesame seeds
sunflower seeds
pumpkin seeds

other bulk items

popcorn
coconut
unrefined sea salt
carob powder
nutritional yeast

sweeteners

honey, maple syrup
molasses, agave syrup

other items:

whole/ground fennel
garlic powder, ginger
kelp, marjoram
whole/ground mustard
nutmeg, onion powder
oregano, paprika
parsley, rosemary
sage, tarragon
thyme, turmeric

sea vegetables

kelp, nori
dulse, wakame
kombu, hiziki

seeds for sprouting

clover, radish,
broccoli,
mung bean, etc.

herbs for teas

mint, ginger
licorice, chamomile, etc.

other products

paper goods
food wrap, bags
parchment paper