

## GROCERY LIST

### PRODUCE

- ☐ Apple (any color) - 4 medium (840 g)  
substitute your favorite fruit if desired
- ☐ Apple, Granny Smith - 1 medium (70 g)  
or other firm baking variety apple, like Jonathan or Gala
- ☐ Avocado - 3 medium (430 g)
- ☐ Banana - 4 medium (600 g)
- ☐ Bell pepper, green - 1 medium (35 g)
- ☐ Bell pepper, orange - 1 medium (120 g)  
can sub with any color
- ☐ Bell pepper, red - 1 medium (45 g)
- ☐ Blueberries, fresh - 2 packages (185 g)  
can sub frozen
- ☐ Cabbage, green - 1 head (195 g)
- ☐ Carrot - 2 medium (115 g)
- ☐ Celery - 1 bunch (25 g)
- ☐ Cilantro - 1 bunch (8 g)
- ☐ Cucumber - 2 medium (275 g)
- ☐ Dill, fresh - 1 bunch (1 g)
- ☐ Fruit, assorted fresh - 1 cup fruit of choice for topping pancakes
- ☐ Garlic - 1 bulb (10 g)
- ☐ Jalapeño - 1 medium (5 g) omit if you don't like spicy
- ☐ Kale (any variety) - 1 bunch (50 g)
- ☐ Kale, baby - 1 box or bag (95 g)
- ☐ Lemon - 3 medium (350 g)
- ☐ Lettuce, red leaf - 1 head (95 g)
- ☐ Lettuce, romaine - 1 head (125 g)
- ☐ Mint, fresh - 1 tablespoon (2 g)
- ☐ Mushrooms (any variety) - 1 cup (70 g)
- ☐ Onion, green - 1 bunch (45 g)
- ☐ Onion, red - 1 medium (165 g)
- ☐ Onion, yellow - 1 medium (155 g)
- ☐ Orange - 2 medium (380 g)
- ☐ Parsley (any variety) - 1 bunch (5 g)
- ☐ Spinach - 1 bunch or bag (75 g)
- ☐ Tomato - 3 medium (525 g) any variety
- ☐ Zucchini, green - 1 medium (100 g)

### BULK

- ☐ Almonds, raw -  $\frac{3}{4}$  cup (85 g)
- ☐ Amaranth, uncooked -  $1\frac{1}{3}$  cups (335 g)
- ☐ Cashews, raw -  $1\frac{1}{4}$  cups (165 g)
- ☐ Cranberries, dried - 2 tablespoons (20 g) unsweetened or sweetened only with fruit juice
- ☐ Dates, dried -  $2\frac{2}{3}$  tablespoons (30 g) about 3 medjool dates
- ☐ Nuts (any variety) -  $\frac{1}{4}$  cup
- ☐ Oats, rolled (not instant), uncooked - 2 cups (150 g) if you avoid gluten, look for certified gluten-free processing

- ☐ Olives (any variety) - ¼ cup (40 g)  
brine cured, soaked in water, not oil
- ☐ Rice, brown, uncooked - ¾ cup (160 g)
- ☐ Sunflower seeds - 2 tablespoons (20 g)  
raw and shelled
- ☐ Walnuts, raw - ¼ cup (30 g)
- ☐ Yeast, nutritional - 3½ tablespoons (20 g) aka "Nooch"

## SPICES AND HERBS

- ☐ Black pepper - ¾ teaspoon
- ☐ Cayenne powder - ⅛ teaspoon omit if  
you don't like spicy
- ☐ Chili powder - 1 teaspoon
- ☐ Cinnamon powder - ½ teaspoon
- ☐ Cinnamon stick - 2 sticks
- ☐ Cumin powder - 1 teaspoon
- ☐ Dulse flakes - 1 pinch look for this in the  
International section of your health  
food store
- ☐ Garlic powder - 1½ teaspoons or  
granules
- ☐ Nutmeg, ground - 1 pinch
- ☐ Onion powder - ¾ teaspoon or  
granules
- ☐ Oregano, dried - 2 teaspoons
- ☐ Paprika powder, smoked - ¾ teaspoon
- ☐ Paprika powder, sweet - 1 teaspoon  
not hot or smoked
- ☐ Sage, dried rubbed - ½ teaspoon  
not ground or powdered
- ☐ Salt - 2¼ teaspoons
- ☐ Thyme, dried - ½ teaspoon

## PACKAGED

- ☐ Baking powder - 1½ teaspoons  
aluminum-free
- ☐ Baking soda - 1½ teaspoons
- ☐ Beans, black, canned - 1 can (285 g)
- ☐ Beans, garbanzo (chickpeas), canned  
- 2 cans (710 g) can cook from dried  
beans if desired
- ☐ Beans, pinto, canned - 1 can (425 g)
- ☐ Beans, red kidney, canned - 2 cans  
(640 g)
- ☐ Bread, 100% whole grain, sprouted or  
gluten-free - 1 slice (25 g)
- ☐ Buns, hamburger, 100% whole grain,  
sprouted or gluten-free - 2 buns  
(100 g)
- ☐ Coconut aminos - 2⅔ tablespoons
- ☐ Corn kernels, frozen - 1¼ cups (170 g)
- ☐ Extract, vanilla - 1⅓ tablespoons
- ☐ Flour, tapioca - 2¼ teaspoons (6 g) aka  
tapioca starch, might be in the bulk  
section

- ☐ Hot sauce - 1½ teaspoons optional, no sugar or oil; we like Frank's Original Hot Sauce
- ☐ Liquid smoke - ⅓ teaspoon optional, no sodium, artificial colors or flavors
- ☐ Maple syrup, 100% pure - 2 fl oz
- ☐ Molasses - 1½ tablespoons
- ☐ Mustard, dijon - ½ teaspoon (3 g)
- ☐ Mustard, yellow - 2 tablespoons (30 g) aka hot dog mustard
- ☐ Non-dairy milk, unsweetened - 25 fl oz (730 ml)
- ☐ Pickle, dill - 1 medium (35 g) no sugar, look in the refrigerated section and choose one with no vinegar if possible
- ☐ Salsa verde, fresh or jarred - ½ cup can sub any salsa of choice
- ☐ Sauerkraut - ½ cup (70 g) look in the refrigerated section, choose one with no vinegar because vinegar kills the good bacteria
- ☐ Tahini - ⅓ cup (95 g) roasted tahini is less bitter
- ☐ Tomato paste - 1 can (2 g)
- ☐ Tomatoes, diced, canned - 1 can (215 g) no salt
- ☐ Tortillas, 100% corn or sprouted corn - 3 tortillas
- ☐ Tortillas, 100% whole grain, sprouted or gluten-free - 6 tortillas
- ☐ Vegetable broth or stock, low-sodium - 18 fl oz (530 ml) no oil and low or no sodium
- ☐ Vinegar, ume plum - ½ teaspoon
- ☐ Vinegar, white wine - 3 tablespoons
- ☐ Worcestershire sauce, vegan and gluten free - 2¼ teaspoons make sure it's vegan (not all are), if you don't avoid gluten, regular vegan Worcestershire sauce is fine