

SHOPPING LIST - TRANSITIONAL

All Items - whole foods or packaged - are assumed to be Organic, Non GMO Products. Awareness of the Clean 15 and Dirty Dozen is helpful for produce. No white flour products. Limit meat, dairy, oils, & sugars.

VEGETABLES

- Asparagus
- Beets
- Bok Choy
- Broccoli
- Brussels Sprouts
- Butternut Squash
- Cabbage
- Carrots
- Cauliflower
- Celery
- Corn
- Cucumbers
- Eggplant
- Fennel
- Frozen Veggies
- Garlic
- Ginger
- Green beans
- Jicama
- Leeks
- Mushrooms
- Onions
- Parsnips
- Peas
- Peppers
- Potatoes
- Pumpkin
- Radish
- Rhubarb
- Scallions
- Spaghetti Squash
- Sunchokes
- Sweet Potato
- Winter Squash
- Yellow Squash
- Zucchini
- _____

LEAFY GREENS

- Dandelion Greens
- Endive
- Kale
- Lettuce Greens
- Red Lettuce
- Romaine Lettuce
- Spinach
- Swiss Chard

FRUITS

- Apples
- Avocado
- Bananas
- Blackberries
- Blueberries
- Cherries
- Frozen Berries
- Grapefruit
- Kiwi
- Lemons
- Limes
- Mango
- Melon
- Oranges
- Papaya
- Peaches
- Pears
- Pineapple
- Plums
- Pomegranate
- Purple Grapes
- Raspberries
- Strawberries
- Tomato
- Watermelon
- Young Coconut

FRESH HERBS & SPROUTS

- Basil
- Chives
- Dill
- Mint
- Parsley
- Rosemary
- Sage
- Thyme
- Watercress
- Sprouts

VEGETABLES IN GLASS JARS

- Artichoke Hearts
- Crushed Tomatoes
- Pickles
- Pizza Sauce
- Relish
- Sauerkraut
- Tomato Paste
- Whole Tomatoes
- Tomato Sauce

BEANS

DRIED/CANNED

- Adzuki
- Black
- Garbanzo
- Kidney
- Lentils
- Navy
- Pinto
- Vegetarian Baked

GRAINS

- Amaranth
- Buckwheat
- Oats
- Quinoa
- Wild Rice

FLOURS (BOB'S)

- Almond Meal
- Arrowroot powder
- Gluten Free
- Buckwheat
- Coconut
- Garbanzo Bean
- Kamut
- Sorghum
- Spelt

MIXES

- Bread crumbs
- Bob's Buckwheat
- Pancake Mix

CEREALS

- Buckwheat Cereal
- Chia Cereal
- Granola Cereal
- Quinoa flakes
- Steel Cut Oatmeal

PASTAS & NOODLES EDEN BRAND

- Kamut & Quinoa Twisted Pair
- Kamut Spirals
- Soba/ Kamut & Buckwheat Noodles (light green box)

SOUPS & SAUCES

- Low Sodium Vegetable broth
- Low S Chicken Broth
- Low S Beef Broth
- Box Soups
- Dried Bean Soup Mix
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NUTS

- Brazil Nuts
- cashews
- Filberts
- Hazelnut
- Pecans
- Pine Nuts /keep cold
- Pistachio
- Raw Almonds Whole
- Sliced Almonds
- Walnuts
- _____

SEEDS

- Chia
- Flax Seed /keep cold
- Hemp Seed/keep cold
- Poppy
- Pumpkin seeds
- Sunflower seeds

DRIED FRUITS & VEGGIE

- Gogi Berries
- Cranberries
- Veggie chips
- Raisins
- Medjool Dates
- Unsweetened Banana Chips

DIPS & SPREADS

- Hummus
- Pesto
- Salsa
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FERMENTED FOODS

- Kefir
- Garbanzo Miso
- Sauerkraut

