

Shopping List

Krista Harrison: Registered Nutritionist/Culinary Nutrition Expert

www.kristaharrison.com

VEGETABLES	
Item	Quantity
artichoke	
asparagus	
beets	
bok choy	
broccoli	
burdock	
cabbage	
carrots	
cauliflower	
celery	
chives	
cilantro	
corn	
collards	
cucumber	
daikon	
eggplant	
fennel	
green beans	
kale	
lettuce	
mustard greens	
napa cabbage	
okra onions	
peppers (red)	
peppers (orange)	
Peppers (green)	
peppers (yellow)	
parsley	
parsnip	
peas	
potatoe	
radish	
romaine	
shallots	
swiss chard	
sprouts	
sweet potatoes	
turnip	
watercress	
winter squash	
yams	
zucchini	
other	
other	

FRUIT	
Item	Quantity
apricot	
apples	
avocado	
blueberries	
blackberries	
cantaloupe	
cherries	
cranberries	
currants	
figs	
gooseberries	
grapes	
grapefruit	
kiwi	
lemon	
lime	
mango	
nectarine	
oranges	
papaya	
peaches	
pear	
pineapple	
pomegranate	
plums	
raspberries	
strawberries	
watermelon	
other	
other	

BAKING ITEMS	
item	Quantity
agave nectar	
baking powder	
baking soda	
cacao powder	
coconut syrup	
shredded coconut	
flour	
honey	
maple syrup	

GRAINS	
Item	Quantity
amaranth	
millet	
barley	
brown rice	
buckwheat	
kamut	
millet	
oats	
quinoa	
rye	
spelt	
wild rice	
teff	
other	
other	

MEAT/POULTRY/FISH/DAIRY	
Item	Quantity
meat	
poultry	
fish	
eggs	
kefir	
milk	
yogurt	
cheese	

LEGUMES	
Item	Quantity
adzuki beans	
Black beans	
chickpeas	
edamame	
kidney beans	
lentils	
lima beans	
mung beans	
pinto beans	
split peas	
tempeh	
tofu	
other	
other	

HERBS/SPICES

item	Quantity
all spice	
basil	
bay leaves	
black pepper	
cardamom	
cayenne	
chili	
coriander	
cinnamon	
cloves	
cumin seeds	
curry powder	
dill	
fennel seeds	
fenugreek	
garlic	
ginger	
mint	
mustard seeds	
nutmeg	
oregano	
parsley	
rosemary	
sage	
sea salt	
thyme	
turmeric	
other:	
other:	

NUTS/SEEDS

Item	Quantity
almonds	
brazil nuts	
cashews	
chia seeds	
flax seeds	
hazelnuts	
hemp hearts	
nut butter	
pecans	
pistachios	
pumpkin seeds	
sesame seeds	
sunflower seeds	
tahini	
walnuts	
other	
other	

FATS/OILS

Item	Quantity
almond	
avocado	
butter	
chia	
coconut	
ghee	
hemp	
olive oil	
sesame	
other:	

CONDIMENTS

item	Quantity
apple cider	
balsamic vinegar	
rice wine	
red/white vinegar	
other:	
other:	
other:	