Ultimate grocery list

artichokes

VEGETABLES

arugula

asparagus

avocado

beets

beet greens

bell peppers

bok choy

broccoli

broccoli rabe

cabbage

carrots

cauliflower

celery

chard

cucumber

daikon

eggplant

endive

garlic

ginger

green beans

hot peppers

jicama

kale

lettuce

mushrooms

okra

onions

peas

potatoes

pumpkin

radishes

spinach

squash

tomatoes

apples

FRUITS

apricots

bananas

blackberries

blueberries

cantaloupe

cherries

cranberries

figs

grapes

grapefruit

honeydew

kiwis

lemons

limes

mango

nectarines

oranges

papaya

peaches

pears

pineapple

plums

pomegranate

raspberries

strawberries

watermelon

allspice

HERBS & SPICES

anise

bay leaves

basil

black pepper

cardamom

cayenne pepper

chives

chili powder

cinnamon

clove

coriander seeds

cumin

dill

fennel seeds

garlic

lemongrass

mustard seeds

nutmeg

oregano

paprika

peppermint

rosemary

saffron

sage

thyme

vanilla pods

avocado oil

OILS & FATS

butter

coconut oil

duck/goose fat

ghee

olive oil

sesame oil

apple cider vinegar

CONDIMENTS

balsamic vinegar

coconut aminos

hummus

mustard

organic mayo

tamari

almonds

NUTS & SEEDS

brazil nuts

cashews

chia seeds

flax seeds

hazelnuts

hemp seeds

macadamia

pecans

pine nuts

pistachios

pumpkin seeds

sesame seeds

sunflower seeds

walnuts

seed butters

nut betters

mustard seeds

