

# Ultimate grocery list

TemplateLAB

## VEGETABLES

- artichokes
- 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

## FRUITS

- apples
- 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

## CONDIMENTS

- apple cider vinegar
- balsamic vinegar
- coconut aminos
- hummus
- mustard
- organic mayo
- tamari

## HERBS & SPICES

- allspice
- 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

## OILS & FATS

- avocado oil
- butter
- coconut oil
- duck/goose fat
- ghee
- olive oil
- sesame oil

## NUTS & SEEDS

- almonds
- 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 butters
- mustard seeds

