SAMPLE GROCERY LIST

Trader Joe's (ingredients for buddha bowls, lettuce wrap tacos & spaghetti squash):
- spaghetti squash
- cauliflower rice
- avocado
- broccoli
- carrots
- sesame seeds
- cherry tomatoes
- Everything But the Bagel Seasoning
- red Pepper
- onion
- green onions
- edamame
- black beans
- coconut aminos
- mushrooms
- lettuce wraps
- beefless meat
- frozen roasted corn

Pizza (from Trader Joe's):
- cauliflower crust
- pizza sauce
- nutritional yeast
- any additional toppings
  (or - buy a head of cauliflower and make a crockpot caulifower pizza)

Lunch Box Items (from Trader Joe's):
- cucumber
- organic cherry tomato
- banana chips
- olives
- kind bar
- beet hummus
- carrots
- roasted seaweed snacks
- bananas
- cuties
- organic blueberries
- organic strawberries
- bag of organic apples
- 3 seed sweet potato crackers

Trader Joe's Staples:
- gluten free TJ white and cinnamon bread (used for french toast and avocado toast)

- Ezekiel bread
- gluten free oats
- organic strawberry jelly
- organic chia seeds
- organic flax seeds
- organic hemp seeds
- Matcha
- Organic white quinoa
- pumpkin seeds
- cashews
- Dr. Praegers California Veggie Burgers
- Soft-baked snickerdoodles (vegan, gluten free)
- fresh bruschetta sauce
- spaghetti squash

COSTCO:

- eggs
- unsweetened vanilla almond milk
- peanut butter
- almond butter
- skinny pop
- coconut oil
- Path of Life frozen quinoa
- guacamole
- tortilla chips
- seaweed snacks
- hearts of palm
- apple sauce
- black olives
- nut clusters
- frozen broccoli florets
- frozen cauliflower rice
- snapea crisp snacks
- maple syrup
- sliced almonds
- organic frozen cherries
- organic frozen blueberries
- frozen pineapple

Publix:

- Applegate gluten free chicken tenders
- Garden Lites frozen muffins
- So Delicious cashew milk ice cream
- So Delicious vanilla unsweetened coconut yogurt
- Enjoy Life dairy free mini-semi sweet chocolate chips
- Van's gluten-free crackers
- Mateo's mild salsa

- Garlic Expressions classic vinaigrette
- minced garlic
- Yogi green tea super antioxidant
- canned chickpeas
- honey
- Path of Life frozen organic superfood pilaf
- Path of Life frozen organic quinoa and kale
- Path of Life frozen garbanzos and lentils
- Applegate peppered turkey sausage (frozen
- cumin
- paprika
- chili powder
- Rhythm Kool ranch kale chips
- Saffron road crunchy chickpeas
- water chestnuts
- lettuce wraps
- organic vegetable broth
- dairy free Chao cheese

Whole Foods:

- Tessemae's dressings (honey poppyseed, creamy ranch, habanero ranch, honey balsamic)
- organic spinach
- organic lettuce
- nut cheese