

Healthy Shopping List



Fruit	Veggies		Leafy Greens	Grains	Meat/ poultry/legumes	Dairy/Alternatives
<input type="checkbox"/> Apples	<input type="checkbox"/> Onions	<input type="checkbox"/> Carrots	<input type="checkbox"/> Kale	<input type="checkbox"/> Brown/black rice	<input type="checkbox"/> Organic grass fed beef	<input type="checkbox"/> Organic full fat milk
<input type="checkbox"/> Bananas	<input type="checkbox"/> Garlic	<input type="checkbox"/> Celery	<input type="checkbox"/> Spinach	<input type="checkbox"/> Quinoa	<input type="checkbox"/> Organic chicken	<input type="checkbox"/> Soy milk
<input type="checkbox"/> Berries	<input type="checkbox"/> Radish	<input type="checkbox"/> Zucchini	<input type="checkbox"/> Mixed lettuce greens	<input type="checkbox"/> Millet	<input type="checkbox"/> Fresh seafood	<input type="checkbox"/> Rice milk
<input type="checkbox"/> Citrus Fruits	<input type="checkbox"/> Peas	<input type="checkbox"/> Beetroot	<input type="checkbox"/> Silver beet/chard	<input type="checkbox"/> Barley	<input type="checkbox"/> Chickpeas	<input type="checkbox"/> Almond milk
<input type="checkbox"/> Grapes	<input type="checkbox"/> Brussel sprouts	<input type="checkbox"/> Asparagus	<input type="checkbox"/> Beetroot greens	<input type="checkbox"/> Wholemeal couscous	<input type="checkbox"/> Red/brown lentils	<input type="checkbox"/> Oat milk
<input type="checkbox"/> Pears	<input type="checkbox"/> Aubergine	<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Rocket	<input type="checkbox"/> Buckwheat	<input type="checkbox"/> Black beans	<input type="checkbox"/> Coconut milk
<input type="checkbox"/> Young coconuts	<input type="checkbox"/> Capsicum	<input type="checkbox"/> Broccoli	<input type="checkbox"/> Pak Choy/Bok Choy	<input type="checkbox"/> Rolled oats	<input type="checkbox"/> Borlotti beans	<input type="checkbox"/> Natural yoghurt
<input type="checkbox"/> Avocado	<input type="checkbox"/> Cucumber	<input type="checkbox"/> Parsnips	<input type="checkbox"/> Cabbage	<input type="checkbox"/> Corn	<input type="checkbox"/> Cannellini beans	<input type="checkbox"/> Goats cheese
<input type="checkbox"/> Melons	<input type="checkbox"/> Green beans	<input type="checkbox"/> Sweet potato	<input type="checkbox"/> Parsley	<input type="checkbox"/> Amaranth	<input type="checkbox"/> Lima beans	<input type="checkbox"/> Free range eggs
<input type="checkbox"/> Mangos	<input type="checkbox"/> Ginger	<input type="checkbox"/> Pumpkin	<input type="checkbox"/> Coriander	<input type="checkbox"/>	<input type="checkbox"/> Tofu/Tempe/Edamame	<input type="checkbox"/>
<input type="checkbox"/> Tomatoes	<input type="checkbox"/>	<input type="checkbox"/> Mushrooms	<input type="checkbox"/> Mint	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Snacks	Baking / Condiments		Beverages	Natural Sweeteners	Seasonings	Other
<input type="checkbox"/> Almonds	<input type="checkbox"/> Spelt flour	<input type="checkbox"/> Apple cider vinegar	<input type="checkbox"/> Organic juices	<input type="checkbox"/> Dates	<input type="checkbox"/> Gomashio	<input type="checkbox"/> Coconut oil
<input type="checkbox"/> Macadamias	<input type="checkbox"/> Coconut flour	<input type="checkbox"/> Tamari	<input type="checkbox"/> Coconut water	<input type="checkbox"/> Agave syrup	<input type="checkbox"/> Herbal salt	<input type="checkbox"/> Extra virgin olive oil
<input type="checkbox"/> Walnuts	<input type="checkbox"/> Oat flour	<input type="checkbox"/> Tahini	<input type="checkbox"/> Herbal teas	<input type="checkbox"/> Maple syrup	<input type="checkbox"/> Cumin	<input type="checkbox"/> Macadamia oil
<input type="checkbox"/> Sunflower seeds	<input type="checkbox"/> Almond meal	<input type="checkbox"/> Mirin	<input type="checkbox"/>	<input type="checkbox"/> Coconut nectar	<input type="checkbox"/> Cayenne	<input type="checkbox"/> Cacao
<input type="checkbox"/> Pepitas	<input type="checkbox"/> Wholemeal flour	<input type="checkbox"/> Wholegrain mustard	<input type="checkbox"/>	<input type="checkbox"/> Coconut sugar	<input type="checkbox"/> Turmeric	<input type="checkbox"/> Cacao nibs
<input type="checkbox"/> Date Rolls	<input type="checkbox"/> Buckwheat flour	<input type="checkbox"/> Dijon mustard	<input type="checkbox"/>	<input type="checkbox"/> Rapadura sugar	<input type="checkbox"/> Cinnamon	<input type="checkbox"/>
<input type="checkbox"/> Goji berries	<input type="checkbox"/> Quinoa flour	<input type="checkbox"/> Miso	<input type="checkbox"/>	<input type="checkbox"/> Stevia	<input type="checkbox"/> Cardamom	<input type="checkbox"/>
<input type="checkbox"/> Sultanas/ raisins	<input type="checkbox"/> Brown rice flour	<input type="checkbox"/> Tamarind	<input type="checkbox"/>	<input type="checkbox"/> Applesauce (sugar free)	<input type="checkbox"/> Curry leaves/powder	<input type="checkbox"/>
<input type="checkbox"/> Fruit/nut bars	<input type="checkbox"/> Bi-carb soda	<input type="checkbox"/> White/red wine vinegar	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Nutmeg	<input type="checkbox"/>
<input type="checkbox"/> Chia seeds	<input type="checkbox"/> Nut butters	<input type="checkbox"/> Balsamic vinegar	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Paprika	<input type="checkbox"/>
<input type="checkbox"/> Brazil nuts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Chilli powder	<input type="checkbox"/>