

NOURISHING RECIPES FOR SPRING

Grocery List

FRUITS & VEGETABLES

- Apple
- Kiwi
- Strawberries and Blueberries
- Orange/Orange Juice
- Avocado
- Lemon/Lime
- Mango and Pineapple
- Green Onions
- Red Onion or Shallot
- Garlic
- Leeks
- Herbs (Cilantro, Basil, Parsley, Tarragon, Oregano)
- Kale and Swiss Chard
- Arugula
- Cabbage
- Brussel Sprouts
- Canned Artichoke Hearts
- Asparagus
- Frozen Green Peas
- Cherry Tomatoes
- Radish
- New Potatoes
- Peppers (Jalapeño & Bell Peppers)
- Fresh Ginger Root
- Button Mushrooms

DAIRY & NON-DAIRY PROTEIN

- Coconut Milk Yogurt or Greek Yogurt
- Non Dairy Milk
- Coconut Milk (Canned)
- Cream
- Organic Cheese or Non Dairy Cheese - Shredded
- Grated Parmesan
- Feta, Crumbled
- Buffalo Style Mozzarella
- Hummus
- Miso Paste (Optional)

MEAT/SEAFOOD/EGGS

- Large Eggs
- Wild Caught Salmon
- Wild Caught Cod
- Organic Chicken Thighs or Breast
- Leftover Baked or Roasted Chicken (Skin Removed)

PANTRY STAPLES

- Gluten Free Oats
- Gluten Free Granola
- Millet
- Quinoa
- Coconut Oil/Olive Oil
- Raw Honey or Maple Syrup
- Coconut Sugar/Raw Sugar
- Real Mayonnaise
- Apple Cider Vinegar & Balsamic Vinegar
- Vegetable Stock/Broth
- Almond Flour/Coconut Flour
- Gluten Free or Corn Tortilla
- Chickpea Flour/Garbanzo Bean Flour
- Canned Chickpea
- Protein Powder of Choice
- Dark Chocolate
- Nut Butter (Creamy)
- Chili Sauce/Tomato Sauce
- Pesto

SPICES/NUTS/SEEDS

- Turmeric
- Cinnamon
- Cumin
- Paprika/Cayenne
- Ground Mustard
- Sea Salt/Pepper
- Curry Powder
- Chia Seeds/Flaxseed
- Pine Nuts
- Fennel Seed