

Eat to Live Fridge Shopping List

PRODUCE:

FRUIT

apples
bananas
blackberries
blueberries
cantaloupe
grapefruit
mangoes
oranges
pears
pineapple
pomegranates
raspberries
strawberries
watermelon

LETTUCE & VEGETABLES

bok choy
bell peppers (red, green, yellow)
broccoli
butter lettuce
cabbage (green, red)
carrots
celery
corn
cucumbers
eggplant
iceburg lettuce
kale (baby, curly, dinosaur)
leaf lettuce
mixed baby greens
onions (red, yellow, green)
radishes
squash (spaghetti, summer)
sugar snap peas
tomatoes (grape, heirloom, Roma)
zucchini

CONDIMENTS:

balsamic vinegar
coconut water
lemon juice
low-sodium vegetable broth
liquid aminos or coconut aminos
nut butter (almond, cashew, peanut)
orange juice
pomegranate juice
rice vinegar
roasted red peppers in water
tahini
white vinegar

FROZEN:

frozen veggies
(peas, carrots, kale, corn,
broccoli...)
frozen fruit
(bananas, mangoes, pineapples...)

MISCELLANEOUS:

fresh herbs
un-sweetened plant milk
(almond, hemp, soy, oat)
tofu

MORE:
