Eat to Live Fridge Shopping List

More:

Fresh Produce:

FRUIT:

- apples
- avocados
- bananas
- berries (blackberries , blueberries, strawberries, raspberries)
- citrus (grapefruit, lemon, limes, oranges, mandarins)
- cherries
- grapes
- kiwi
- mangoes
- melons (watermelon, cantaloupe, honeydew)
- pears
- pineapple
- pomegranates

FRESH HERBS:

- basil
- chives
- cilantro
- dill
- mint
- parsley (flat or curly)
- rosemary
- sage
- thyme

VEGETABLES:

- artichoke
- asparagus
- bok choy
- bell peppers (red, green, yellow)
- beets
- broccoli
- Brussels sprouts
- cabbage (green, red)
- carrots
- cauliflower
- celery
- corn
- cucumbers
- eggplant
- greens (Swiss Chard, mustard, collard)
- jicama
- kale (baby, curly, dinosaur)
- lettuce (butter, iceberg, leaf, romaine)
- mixed baby greens
- mushrooms
- onions (red, yellow, green)
- peas (English, snow, sugar snap)
- radishes
- spinach
- squash (spaghetti, summer, winter)
- sugar snap peas
- tomatoes (grape, heirloom, Roma)
- zucchini

Frozen:

- frozen fruits (berries, mangoes, pineapple, peaches, etc...)
- frozen veggies (peas, carrots, corn, stir fry veggie mix, etc...)
- Ezekiel bread
- cauliflower rice
- pre-cooked quinoa

Condiments:

- aminos (liquid & coconut)
- mustard (Dijon, yellow)
- tomato paste
- vegetable broth (low sodium)
- white miso paste

Fresh & Beverages:

- coconut water
- edamame
- juice (citrus, carrot)
- plant milk (unsweetened)
- tempeh
- tofu

HOW TO USE & MORE INFO:

hellonutritarian.com/eat-to-live-fridge/