

# EAT TO LIVE FRIDGE SHOPPING LIST

## PRODUCE:

### FRUIT

apples  
bananas  
blackberries  
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)  
mixed baby greens  
onions (red, yellow, green)  
radishes  
squash (spaghetti, summer)  
sugar snap peas  
sweet potatoes  
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:

plant-based, un-sweetened milk  
(almond, hemp, soy, coconut)  
tofu

## MORE:

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