

plantable Grocery List

Check off what you need for some pantry staples.

VEGETABLES

- ☐ Arugula
- ☐ Avocado
- ☐ Baby Spinach
- ☐ Carrots
- ☐ Cherry Tomatoes
- ☐ Cucumbers
- ☐ Endive
- ☐ Kale
- ☐ Red Pepper
- ☐ Shallots

FRUITS

- ☐ Apples
- ☐ Bananas
- ☐ Berries
- ☐ Lemons
- ☐ Pears

LEGUMES

- ☐ Black Beans
- ☐ Chickpeas
- ☐ Frozen Edamame
- ☐ Hummus (High Quality)
- ☐ Pinto Beans
- ☐ Refried Beans

GRAINS

- ☐ Ezekiel Sprouted
Whole Grain Bread
- ☐ Farro
- ☐ Old Fashioned Oats
- ☐ Quinoa

NUTS & SEEDS

- ☐ Chia Seeds
- ☐ Hemp Hearts
- ☐ Unsweetened Nut Butter
- ☐ Pecans
- ☐ Pomegranate Seeds
- ☐ Raisins (go easy!)
- ☐ Raw Nuts
- ☐ Slivered Almonds
- ☐ Trader Joes Go Raw Trek Mix
- ☐ Walnuts

CONDIMENTS

- ☐ Balsamic Vinegar
- ☐ Extra Virgin Olive Oil
- ☐ White Wine/Balsamic Vinegar

DRINKS

- ☐ Herbal Tea
- ☐ Unsweetened Nut Milk

OTHER

- ☐ Cinnamon
- ☐ Green Salsa
- ☐ Nutritional Yeast
- ☐ Vanilla Extract