





Add groceries to your list





Produce

☐

2 Gala Apples (BUY ORGANIC)


Needed for:

Apple & Peanut Butter on Saturday, Sep 29th needs 172 grams

Autumn Sweet Potato Smoothie on Sunday, Sep 30th needs 86 grams

Change Quantity:

- 2 +

 REMOVE

☐

1 Avocado

☐

2 Bananas

☐

1 container (458 ml) of Blueberries

☐

1 bunch of Broccoli

☐

356 grams of Carrots

☐

1 head of Cauliflower

☐

1 ear of Corn

☐

2 Cucumbers (BUY ORGANIC)

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1 package (454 g) of Edamame (Shelled & Cooked)

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1 gram of Fresh Ginger

☐

1 bulb of Garlic

☐

210 grams of Red Grapes (BUY ORGANIC)

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1 bunch of Green Onions (Scallions)

☐

3 bunches of Curly Kale (BUY ORGANIC)

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1 package (142 g) of Baby Kale

☐

1 Kiwifruit

☐

3 Lemons

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1 bottle (118 mL) of Lemon Juice

☐

2 Oranges

☐

3 Sweet Potatoes

☐

1 bunch of Radishes

☐

1 container (458 ml) of Raspberries

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120 grams of Raw Spinach (BUY ORGANIC)

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1 container (458 ml) of Strawberries (BUY ORGANIC)

☐

580 grams of Sugarsnap Peas (BUY ORGANIC)

☐

1 container (458 ml) of Cherry Tomatoes (BUY ORGANIC)



Deli

☐

1 container (283 g) Hummus



Canned / Jar Goods

☐

1 jar (340 g) of Almond Butter

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3 cans (425 g) of Canned Garbanzo Beans (Chickpeas)

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1 can (227 g) of Canned Pineapple Chunks in Juice

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1 can (454 g) of Canned White Beans

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1 package (454 g) of Goji Berries

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1 jar (510 g) of Peanut Butter

☐

1 jar (454 g) of Tahini



Baking Goods

☐

1 package (227 g) of Cacao Nibs

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1 package (227 g) of Cacao Powder

☐

10 grams of Chia Seeds

☐

1 package (454 g) of Light Brown Sugar

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1 package (227 g) of Unsweetened Coconut Flakes



Spices / Condiments

☐

1 jar (28 g) of Cayenne Pepper

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1 jar (56 g) of Curry Powder

☐

1 jar (227 g) of Dijon Mustard

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1 jar (28 g) of Dried Basil

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1 jar (57 g) of Dried Thyme

☐

1 jar (28 g) of Ground Cinnamon

☐

1 bottle (340 g) of Maple Syrup

☐

1 bottle (482 g) of Olive Oil

☐

1 bottle (710 mL) of Vegetable Oil

☐

1 jar (57 g) of Red Pepper Flakes

☐

1 bottle (287 g) of Balsamic Vinegar

☐

1 bottle (355 mL) of White Wine Vinegar

☐

1 jar (85 g) of Whole Black Peppercorns



Dairy

☐

1 container (454 g) of Cottage Cheese

☐

1 dozen Eggs

☐

1 package (454 g) of Extra Firm Tofu

☐

1 container (1 L) of Milk 2%

☐

20 grams of Pecorino Cheese

☐

1 container (227 g) of Plain Low-Fat Greek Yogurt

☐

1 container (1 L) of Plain Unsweetened Almond Milk

☐

1 tub (142 g) of Shaved Parmigiano Reggiano

☐

1 package (227 g) of Shredded Mexican Blend Cheese

☐

1 package (227 g) of Shredded Mozzarella Cheese



Breads / Cereals

☐

81 grams of Rolled Oats

☐

1 loaf (681 g) of Whole Wheat Bread

☐

1 bag (6 ct) of Whole Wheat Pita Bread



Pasta / Rice / Beans

☐

680 grams of Quinoa

☐

160 grams of Wild Rice



Frozen Foods

☐

1 bag (454 g) of Frozen Peas

☐

1 package (340 g) of Mixed Frozen Berries

☐

1 package (454 g) of Unsweetened Frozen Cranberries



Snacks / Candy

☐

1 package (227 g) of Pitted Dates

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1 package (284 g) of Pretzels

☐

81 grams of Pumpkin Seeds (Pepitas)

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1 bag (340 g) of Raisins (BUY ORGANIC)

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105 grams of Sunflower Seeds

☐

17 grams of Unsalted Cashews

☐

57 grams of Walnuts