

GROCERY SHOPPING LIST

TRADER JOES:

- bananas
- strawberries
- blueberries
- lemon
- honey crisp apples
- cantaloupe
- avocado
- spinach
- celery
- broccoli
- carrots
- asparagus
- bell peppers
- zucchini
- celery
- hummus
- reduced guilt guacamole
- sweet apple chicken sausage
- chia seeds
- rolled oats
- cage free, free range eggs
- vanilla unsweetened almond milk
- peanut butter (creamy, no salt)
- salt & pepper pistachios
- trail mix
- Lara bars (cashew cookie, apple pie, cherry pie)
- salsa verde
- corn salsa
- black beans
- frozen strawberries
- avocado oil
- liquid aminos (soy sauce substitute)
- bamba peanut snack
- sweet potato chips
- frozen cauliflower stir fried rice
- frozen shrimp
- peppermint tea
- cinnamon
- red chili pepper flakes
- everything but the bagel seasoning

WHOLE FOODS (OR VONS):

- siggi's greek yogurt (blackberry, vanilla, raspberry)
- purely elizabeth granola (chocolate & sea salt, peanut butter & chocolate)
- Rao's diavola pasta sauce
- silk vanilla almond milk creamer
- coffee grounds (vanilla flavored)
- rotisserie chicken
- La Croix curate (blackberry, grapefruit, kiwi strawberry, cherry lime)
- kombucha / probiotic drinks
- Oregon chai sugar-free chai
- safe catch tuna
- enjoy life chocolate chips