

THE EVERY WEEK GROCERY LIST

DAIRY

Unsweet Almond Milk
Soy Milk
Coffee Creamer
Greek yogurt
Orange Juice
Eggs
Earth Balance
Coconut Water
Cheese

DRY GOODS

Pasta Sauce
Salsa
Sauces
Dressing
Quinoa
Peanut Butter
Sunflower Butter
Almond Butter
Coconut
Potato Chips
Udi's
Lentils
Black Beans
Chickpeas
Kidney Beans
Cereal
Oatmeal
Grits
Raisins
Olive Oil
Spray Oil
Coconut Oil
Tea
Banana Peppers
Nuts

FROZEN

French Fries
Brown Rice
Mixed Berries
Hash Browns

FRUIT AND VEG

Apples
Oranges
Bananas
Broccoli
Blueberries
Blackberries
Watermelon
Kiwi
Avocado
Cucumbers
Zucchini
Squash
Kale
Spinach
Arugula
Pineapple
Lemons
Tomatoes
Peppers
Ginger
Garlic
Potatoes
Sweet Potatoes

OTHER

Almonds
Sunflower Seeds
Hummus
Tofu
Tempeh
Chocolate
Chia Seeds

HOUSEHOLD

Vinegar
Baking Soda
Glass Spray
Toilet Paper
Paper Towels
Dish Sponges
Detergent – Sink
Detergent – Clothes

JUICING

Bag of Green Apples
Bag of Red Apples
Greens
Oranges
Spinach
Cucumbers
Celery
Lemons
Beets
Ginger
Carrots
Garlic