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whole food shopping list

DRY GOODS:

- Whole Wheat or Pastry Flour
- Unbleached White Flour
- Aluminum-free Baking Soda
- Baking Powder
- Unprocessed Cocoa Powder
- Natural Salt

DRY HERBS & SPICES:

- Italian Seasoning
- Dill
- Basil
- Oregano
- Parsley
- Rosemary
- Sage
- Thyme
- Cinnamon
- Nutmeg
- Cumin Seed
- Chili Powder
- Paprika
- Pepper
- Ground Ginger
- Onion Powder
- Garlic Powder
- Curry Powder

PROTEIN:

- Local Farm or Clean Eggs
- Local or Clean Meats

DAIRY:

- Organic Butter
- Specialty Cheeses
- Clean Whole Milk
- Organic or Clean Sour Cream
- Natural Ice Cream

DAIRY ALTERNATIVES:

- Coconut Yogurt
- Coconut Ice Cream
- Milk Alternatives (Coconut, Almond, Hemp, Rice)

NUTS & SEEDS:

- Pecans
- Almonds
- Walnuts
- Hazelnuts
- Macademia Nuts
- Cashews
- Brazil Nuts
- Sesame Seeds (Black or White)

- Pumpkin Seeds
- Flax Seeds (Whole or Ground)
- Hemp Seeds

DRIED FRUITS:

- Fruit Juice Sweetened Cranberries
- Organic Raisins (Black or Golden)
- Unsulphered Apricots
- Naturally Sweetened Pineapple Rings
- Unsweetened Shredded Coconut
- Dates
- Figs

WHOLE GRAINS:

- Basmati Rice
- Brown Rice
- Wild Rice
- Quinoa
- Millet
- Amaranth
- Oats (Steel Cut or Rolled)
- Buckwheat (technically a seed, but works great as a grain!)
- Barley
- Bulgar (Cracked Wheat)
- Whole Grain Pasta
- Whole Grain Cereals (Hot or Cold)
- Whole Grain Breads

FROZEN FRUIT FOR SMOOTHIES:

- Raspberries or Mixed Berries
- Peaches
- Pineapple

FRESH FRUITS:

- Apples
- Bananas
- Oranges
- Lemons or Limes
- Grapefruits
- Grapes
- Kiwi
- Pears
- Melons
- Strawberries or Other Berries
- Avocados

FRESH VEGETABLES:

- Carrots
- Potatoes
- Spinach
- Greens -Mustard, Collards, Kale, Chard
- Romaine, Green or Red Leaf Lettuce
- Sweet Potatoes or Yams
- Tomatoes
- Onions
- Garlic
- Broccoli
- Celery
- Beets
- Turnips
- Rutabaga

CONDIMENTS:

- Stone Ground Mustard
- Natural Mayonnaise
- Natural Salad Dressing
- Naturally Sweetened Ketchup
- Organic Tamari
- Natural Jams / Jellies
- Organic Peanut Butter
- Almond Butter
- Tahini

TREATS:

- Chocolate Covered Almonds
- Natural Cookies
- Natural Chocolate Bars
- Natural Macaroons :)
- Ingredients for Making Your Own Treats

This list is excerpted from:

