


STOCK-UP GROCERY LIST

ONCE PER MONTH AND FILL IN EVERY 2 WEEKS AT WHOLE FOODS OR YOUR LOCAL FULLY STOCKED "PRICEY" HEALTH FOODS STORE.

- FIELD ROAST GRAIN MEAT: SMOKED APPLE AND/OR MEXICAN CHIPOTLE SAUSAGE OR FIELD ROASTS.
- RICE VEGAN CHEESE SLICES.
- TOFURKY DELI SLICES, ANY FLAVOR.
- LIGHT LIFE ORGANIC SMOKY TEMPEH STRIPS OR 'FAKIN BACON'
- MISO MAYO GARLIC AND DILL DRESSING.
- FOLLOW YOUR HEART DAIRY FREE SALAD DRESSINGS: 1000 ISLAND AND CREAMY GARLIC.
- MAJESTIC GARLIC SPREAD OR SOME KIND OF HUMMUS OR VEGAN PESTO OR SPREAD.
- AMAZAKE DRINK (CHOCOLATE ALMOND, ETC.)
- EARTH BALANCE BUTTERY SPREAD (SOY FREE OR WHATEVER)
- BULK BROWN RICE, BARLEY, QUINOA AND BEANS OF YOUR CHOICE.
- SUNSPIRE GRAIN SWEETENED CHOCOLATE CHIPS.
- ARROWHEAD MILLS PUFFED CEREAL: MILLET, CORN, KAMUT AND/OR RICE.
- BARBARA'S FRUIT JUICE SWEETENED WHOLE WHEAT FIG BARS.
- LUNA AND LARRY'S COCONUT BLISS ICE CREAM, ANY FLAVOR.
- FROZEN VAN'S 8 WHOLE GRAIN WAFFLES.
- MAPLE SYRUP (CAN GET AT TRADER JOE'S TOO)
- 365 BRAND SAUERKRAUT
- WHOLE FOODS BRAND HERB NATURAL POPCORN
- BROWN RICE PROTEIN POWDER OR VEGAN PROTEIN SHAKE POWDER (ONLY NEED TO BUY EVERY FEW MONTHS)
- SOBA NOODLES
- DRIED PACIFIC WAKAME SEAWEED
- IF YOU'RE TRYING TO BE MACROBIOTIC GET KUKICHA AND BANCHA TEA AND UMEBOSHI PLUMS AND GOMASIO.
- *IF YOU DO NOT HAVE A LOCAL FARMER'S MARKET OR PRODUCE DELIVERY SERVICE THAN GET SOME PRODUCE HERE. SOME SUGGESSTIONS DEPENDING ON THE SEASON:
 - KALE, COLLARD GREENS, ONIONS (WHITE AND RED), GARLIC, LETTUCE, SMALL RED POTATOS, CABBAGE (GREEN, RED OR NAPA), CARROTS, DAIKON, BROCCOLI, GREEN BEANS, ZUCCHINI.
- FRUIT: APPLES, PEACHES, GRAPES, BANANAS, STRAWBER-RIES, ETC.

TRADER JOE'S LIST - SHOP ONCE PER WEEK OR EVERY 2 WEEKS - FILL IN THE GAPS ON THE LIST ONCE PER WEEK

- PEANUT BUTTER
- TRADER JOE'S BRAND ORGANIC FRUIT JUICE SWEETENED SPREAD ANY FLAVOR
- EZEKIEL BREAD FOR TOAST AND SANDWICHES
- EZEKIEL SROUTED TORTILLAS FOR WRAPS AND DIPPING SNACKS
- SPROUTED TRADER JOE'S BRAND BAGELS
- MULTI-GRAIN BAGUETTE
- TOFUTTI BETTER THAN CREAM CHEESE
- HUMMUS AND/OR TAHINI
- TOFURKY ITALIAN SAUSAGE
- TORTILLA CHIPS
- SALSA
- RICE CRACKERS
- DRIED FRUIT AND NUTS
- CANNED ORGANIC BEANS (KIDNEY, BLACK, GARBANZO, MARINATED BEAN SALAD, VEGETARIAN RE-FRIED BEANS)
- TACO SHELLS (OR YOU COULD JUST MAKE BURRITOS WITH THE TORTILLAS)
- FRESH SQUEEZED APPLE JUICE
- GREEN TEA AND BED TIME TEA
- TRADER JOE'S VERY GREEN JUICE BLEND (BIG BOTTLE FOR SMOOTHIES OR SMALL ONES FOR ON-THE-GO PICK ME UP)
- UNSWEETENED ALMOND, RICE AND/OR GRAIN MILK
- JARRED PEACH OR PEAR HALVES
- APPLE SAUCE
- DILL PICKLES
- GREENS+ CHOCOLATE ENERGY BAR (THE ONE WITHOUT WHEY)
- MAPLE SYRUP
- INSTANT MISO SOUP PACKETS
- BROWN RICE AND/OR WHOLE WHEAT PASTA
- PASTA/MARINARA SAUCE
- BRUSCHETTA
- OLIVE TAPANADE, SUNDRIED TOMATOS, CAPERS, OTHER SPREADS
- BEER, WINE, SAKE.
- FROZEN: PEAS, VEGETABLE GYOZAS, VEGGIE BURGERS, HASH BROWNS
- PRODUCE: MUSHROOMS, BANANAS, BELL PEPPERS AND ANYTHING YOU CAN'T GET AT THE FARMER'S MARKET
- HOUSE SUPPLIES: PAPER TOWELS, TOILET PAPER, DISH SOAP, LAUNDRY SOAP, DR. BRONNER'S MAGIC SOAP, NATURAL TOOTHPASTE, ETC.
- ANYTHING ELSE THAT LOOKS GOOD AND QUICK AND EASY JUST READ THE LABELS FOR HIDDEN DAIRY, SUGAR AND PROCESSED YUCKIES.



FARMER'S MARKET LIST (ONCE PER WEEK OR ONCE EVERY 2 WEEKS):

ANY VEGETABLE AND FRUIT THAT LOOKS GOOD AND IS *IN SEASON*... BE ADVENTUROUS AND THAN GOOGLE RECIPES BUT MOST THINGS ARE GOOD STEAMED, IN STIR-FRYS, STEWS OR PASTA DISHES. GET VEGGIES YOU CAN EAT RAW IN SALADS AND ALSO ONES TO COOK.... DON'T FORGET FRUIT.

MY FAVES: LETTUCE, KALE, COLLARD GREENS, DAIKON, CARROTS, RED POTATOS, CABBAGE, BROCCOLI, ONIONS, GARLIC, TOMATOS, FRESH CILANTRO, APPLES, LEMONS, PEACHES, STRAWBERRIES.

*IF YOU DON'T HAVE A LOCAL FARMER'S MARKET OR WANT TO SAVE TIME, ORDER FROM A LOCAL PRODUCE DELIVERY SERVICE, USUALLY ONLY \$25 PER WEEK FOR A WHOLE BOX OF FRESH, LOCAL AND ORGANIC GOODIES!

STAPLE ITEMS TO ALWAYS HAVE ON-HAND (CAN BUY AT WHOLE FOODS AND/OR TRADER JOE'S)

- OLIVE OIL
- SOY SAUCE
- VINEGAR (BALSAMIC, UMEBOSHI, RED WINE, APPLE CIDER)
- FOLLOW YOUR HEART VEGENAISE (GRAPSEED OIL)
- ORGANIC KETCHUP
- DIJON OR YELLOW MUSTARD (SUGAR-FREE)
- MISO PASTE
- SPICES: SEA SALT, BLACK PEPPER, CAYENNE PEPPER, OREGANO, ROSEMARY, PARSLEY, CELERY SEEDS, CARAWAY SEEDS, CURRY POWDER, TUMERIC, PAPRIKA, GINGER, GARLIC POWDER, ONION FLAKES (GREAT ON BAGELS).
- FRESH GARLIC AND ONIONS
- RICE AND GRAINS AND PASTAS