

# 2018 grocery LIST

## VEGGIES

- ☐ Beets
- ☐ Carrots
- ☐ Celery (optional)
- ☐ Collard greens
- ☐ Fresh Ginger
- ☐ Garlic
- ☐ Kale
- ☐ Spinach
- ☐ Yellow Onion
- ☐ Your Favorite Veggies
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## FRUIT

- ☐ Apples
- ☐ Avocado
- ☐ Bananas
- ☐ Berries
- ☐ Mango
- ☐ Lemons
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## PROTEIN & MISC

- ☐ Eggs
- ☐ Your Favorite Lean Protein
- ☐ Kombucha
- ☐ \_\_\_\_\_

## CANNED ITEMS

- ☐ Tuna (optional)
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## NUTS, SEEDS, MILKS & BUTTERS

- ☐ Chia seeds
- ☐ Coconut Water
- ☐ Flax seeds
- ☐ Sunflower Seeds
- ☐ Unsweetened Almond Milk
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## PANTRY

- ☐ Apple Cider Vinegar
- ☐ Balsamic Vinegar
- ☐ Coconut Oil Spray
- ☐ Coffee/Tea
- ☐ Olive Oil
- ☐ Quinoa (optional)
- ☐ Red Lentils
- ☐ Salt
- ☐ Unsweetened Coconut Flakes
- ☐ Vegetable Broth
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## SPICES

- ☐ Cayenne Pepper
- ☐ Cinnamon
- ☐ Coriander
- ☐ Cumin
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## MAKE IT YOUR OWN!

(Make sure to grab ingredients for these recipes!)

- ☐ Inspired by Purpose Salad
- ☐ Delish Detox Dessert
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
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♡xo  
Channiell