



Pregnancy “Must-Have” Grocery Shopping List

For Juice

- ☐ Carrots
- ☐ Beets
- ☐ Apples
- ☐ Ginger
- ☐ Romaine

Additional Produce

- ☐ Avocados
- ☐ Bananas
- ☐ Lemons/limes
- ☐ Sweet potatoes/yams
- ☐ Winter Squashes
- ☐ Salad Greens
- ☐ Any other fruits and vegetables you love to munch on and for salads!

Grains

- ☐ Sprouted-grain breads and bagels (Ezekiel, Alvarado St. Bakery)
- ☐ Kamut or spelt rice cakes (Suzie's)
- ☐ Puffed Kamut cereal (Arrowhead Mills)
- ☐ Quinoa, buckwheat, spelt, or Kamut pasta
- ☐ Cereal by Health Valley, Nature's Path, Cascadian Farms, New Morning, or Barbara's Bakery
- ☐ Lydia's apple cinnamon granola
- ☐ Veggie burger (Sunshine Burgers are the highest quality, non-soy-based veggie burgers we have found!)

Animal Products (if desired)

- ☐ Goat Cheese (raw, if you can find it)
- ☐ Organic, free-range eggs
- ☐ Organic, unsalted butter

Sweeteners, Seasonings, Dips, and Sauces

- ☐ Marinara sauce (Paesana, Seeds of Change)
- ☐ Raw Honey
- ☐ Agave nectar
- ☐ Raw almond butter
- ☐ Udo's Oil, cold-pressed extra virgin olive or flaxseed oil
- ☐ Nut milk (almond, cashew, hemp seed, hazelnut)