



# **THE FAMILY PLAN** *Shopping List*

## **PROTEINS**

- CHICKEN
- TURKEY
- SALMON
- CANNED FISH (SALMON, SARDINES, HERRING [NOT TUNA])
- EGGS
- COOKED SHRIMP
- TOFU (OR TEMPEH)

## **FRUITS**

- POMEGRANATES
- BLUEBERRIES
- RASPBERRIES
- LEMONS
- LIMES

## **NUTS**

- ALMONDS
- WALNUTS
- PECANS
- MACADAMIA NUTS
- NUT BUTTERS:
  - ALMOND BUTTER
  - CASHEW BUTTER
  - MACADAMIA BUTTER
  - WALNUT BUTTER

## **VEGETABLES**

- |                    |                     |
|--------------------|---------------------|
| - ARUGULA          | - BROCCOLI          |
| - ARTICHOKE        | - GARLIC            |
| - MUSHROOMS        | - RADICCHIO         |
| - SWISS CHARD      | - CHIVES            |
| - ASPARAGUS        | - BRUSSELS SPROUTS  |
| - DANDELION GREENS | - GINGER ROOT       |
| - MUSTARD GREENS   | - SNAP BEANS        |
| - TOMATOES         | - COLLARD GREENS    |
| - BEAN SPROUTS     | - CABBAGE           |
| - EGGPLANT         | - GREEN BEANS       |
| - ONIONS           | - SNOW PEAS         |
| - TURNIP GREENS    | - JALAPEÑO PEPPERS  |
| - BEET GREENS      | - CAULIFLOWER       |
| - ENDIVE           | - HEARTS OF PALM    |
| - PARSLEY          | - SHALLOTS          |
| - WATERCRESS       | - KALE              |
| - BELL PEPPERS     | - SUMMER SQUASH     |
| - FENNEL           | - ZUCCHINI          |
| - RADISHES         | - SPINACH & LETTUCE |
| - CELERY           | - JICAMA            |
| - CUCUMBER         |                     |

## **HEALTHY FATS**

- EXTRA VIRGIN OLIVE OIL
- WALNUT OIL
- SESAME OIL
- EXTRA VIRGIN COCONUT BUTTER
- AVOCADO
- TAHINI

## **SEEDS**

- HEMP
- CHIA
- FLAX
- PUMPKIN
- SESAME
- SUNFLOWER

## **APPROVED TO COOK & SEASON MEALS**

- COCONUT OIL
- OLIVE OIL
- NUT BUTTERS
- NUTS & SEEDS (HEMP, CHIA, FLAX, PUMPKIN & SESAME)
- COCONUT MILK
- UNSWEETENED ALMOND MILK
- VINEGARS: BALSAMIC, APPLE CIDER, WINE ETC.
- LOW SODIUM VEGETABLE BROTH
- COCONUT AMINO ACIDS
- DIJON MUSTARD
- SEA SALT & BLACK PEPPER
- TURMERIC, CAYENNE, THYME, ROSEMARY, CHILI POWDER, CUMIN, SAGE, OREGANO, ONION POWDER, CINNAMON, CORIANDER, CILANTRO, PAPRIKA, PARSLEY, BASIL, CURRY SPICE, DILL
- VEGANAISE (SMALL JAR)
- SUN-DRIED TOMATOES (1/4 CUP)
- TOMATO SAUCE (ONE 8OZ CAN)

