

GROCERY LIST

by THIS LUNCH ROX

PRODUCE:

Buying organic is nice, but it's not always easy on the wallet. I've divided the list into the produce I try to buy organic and those I'm willing to buy conventional.

Organic:

Strawberries
Apples
Blueberries/Raspberries/Blackberries
Peaches
Nectarines
Cherries
Grapes
Bell Peppers
Carrots
Broccoli
Potatoes
Spinach
Celery
Green Beans

Conventional:

Asparagus
Edamame
Cauliflower
Mango
Brussel Sprouts
Kiwi
Pineapple
Bananas
Papaya
Avocado
Pineapple
Sweet Peas
Cantaloupe
Watermelon
Sweet Potatoes
Honeydew Melon
Onion
Mandarin Oranges

MEAT/DAIRY:

Grass fed beef/bison/steak
Organic turkey breast
Organic chicken breast
Organic pork chops
Wild caught salmon
Wild caught tuna
Wild caught shrimp
Grass fed beef jerkey
Pasture-raised eggs
Whole Milk
Almond Milk
Grass fed butter
Cheese (mozzarella, cheddar, swiss)
Cream cheese
Parmesan cheese
Cottage Cheese
Greek Yogurt

GRAINS/CARBS:

Black Beans
Sprouted grain breads
Quinoa
Old-fashioned oats
Blanched almond flour

HEALTHY FATS/MISC:

Nuts (walnuts, pistachios, brazil nuts, almonds, cashews, etc...)
Seeds (sunflower, pumpkin, chia, hemp, flax, etc...)
Coconut Oil
Guacamole
Extra Virgin Olive Oil
Unsweetened shredded coconut
Natural Peanut Butter
Dark Chocolate