

## Vegetables & Fruits

These should make up the majority of your groceries. Choose a wide variety every week, always be trying new things. Avoid canned & packaged fruits & veggies with added sugar & ingredients you can't pronounce

## Beans & Legumes

- Lentils
- Black Beans
- White Beans
- Pinto Beans
- Kidney beans
- Garbanzo Beans
- Peas

## Whole Grains

- Oatmeal
- Brown Rice
- Wild Rice
- Basmati Rice
- Jasmine Rice
- Quinoa

## Nuts & Seeds

- Nuts & Nut Butters (Almonds, Brazil nuts, Cashews, Pistachios, Peanuts, Macadamia, Walnuts, Pecans)
- Seeds (Pumpkin, Hemp, Chia, Sesame, Flax)
- Tahini

## Healthy Oils

- Olive Oil
- Flaxseed Oil
- Avocado Oil
- Coconut Oil
- Walnut Oil
- Sesame Oil

## Condiments & Spices

- Dijon Mustard
- Apple Cider Vinegar
- Lemons/limes
- Garlic, Ginger, Turmeric
- Dried herbs like dill, basil, oregano, thyme