

# Whole-Foods Grocery Guide

A printable shopping list to stock a wellness-first kitchen

## Fresh Produce

- Leafy greens — spinach, kale, arugula, romaine, swiss chard
- Cruciferous — broccoli, cauliflower, brussels sprouts, cabbage
- Aromatics — garlic, ginger, turmeric root, red onion, shallots
- Berries — blueberries, raspberries, strawberries, blackberries
- Citrus — lemons, limes, oranges, grapefruit
- Avocados, tomatoes, cucumbers, bell peppers, carrots, beets

## Quality Proteins

- Wild-caught salmon, sardines, mackerel
- Pasture-raised eggs
- Organic chicken or turkey
- Grass-fed beef or bison (1–2x weekly)
- Plant proteins — lentils, chickpeas, black beans, tempeh, tofu

## Healthy Fats & Nuts

- Extra-virgin olive oil, avocado oil, coconut oil
- Raw almonds, walnuts, brazil nuts, cashews
- Chia, flax, hemp and pumpkin seeds
- Nut butters with no added sugar or seed oils

## Pantry Staples

- Whole grains — quinoa, brown rice, oats, buckwheat
- Legumes — dried or low-sodium canned
- Apple cider vinegar, tamari, dijon mustard, raw honey
- Herbs & spices — turmeric, cinnamon, cumin, oregano, sea salt
- Bone broth, coconut milk, unsweetened nut milks

## Skip or Limit

- Refined seed oils (soybean, corn, canola)

- Added sugars, high-fructose corn syrup, artificial sweeteners
- Ultra-processed snacks and refined flour products
- Conventional deli meats with nitrates

## **Weekly Rhythm**

Shop the perimeter first — produce, proteins, and refrigerated whole foods. Use the center aisles only for pantry staples on this list. Aim for 30 different plants per week to build a resilient microbiome.