

SHOPPING LIST



Fabulous Health



FRUIT

- Apple
- Apricot
- Banana
- Blueberries
- Blackberries
- Cantaloupe
- Cherries
- Dragonfruit
- Durian
- Feijoa
- Figs
- Gooseberries
- Grapes
- Guava
- Honeydew Melon
- Jack fruit
- Kiwifruit
- Kumquat
- Lemon
- Lychee
- Mandarin
- Mango
- Nectarine
- Orange
- Papaya
- Passionfruit
- Peach
- Pear
- Plum
- Pomegranate
- Quince
- Raspberry
- Rhubarb
- Tomato
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NON STARCHY VEGETABLES

- Artichoke
- Asparagus
- Bamboo Shoots
- Beets
- Bitter Melon
- Broccoli
- Brussell Sprouts
- Cabbage
- Carrot
- Cauliflower
- Celery
- Cucumber
- Daikon
- Eggplant
- Fennel
- Jicama
- Mushrooms
- Okra
- Onions
- Parsnip
- Peppers
- Radish
- Turnip
- Zucchini
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GREENS

- Arugula
- Butter Lettuce
- Bok Choy
- Chard (Swiss and Rainbow)
- Collards
- Kale (Curly & Lacinato)
- Mixed Greens
- Mustard Greens
- Radicchio
- Spinach
- Watercress
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SHOPPING LIST



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WHOLE GRAINS

- Amaranth
 - Barley*
 - Buckwheat
 - Bulgur
 - Einkorn**
 - Farro
 - Freekeh
 - Kamut
 - Kañiwa
 - Millet
 - Oats**
 - Quinoa
 - Rice
 - Rye*
 - Sorghum
 - Spelt**
 - Teff
 - Triticale
 - Wheat*
 - Wild Rice
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- *Contains Gluten
** May contain Gluten

STARCHY VEGETABLES

- Butternut Squash
- Corn
- Celeriac
- Hannah Yams
- Japanese Yam
- Potato (any variety)
- Pumpkin
- Spaghetti Squash
- Rutabaga
- Sweet Potato
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LEGUMES

- Adzuki Beans
 - Black Beans
 - Black Eyed Peas
 - Bortolli Beans
 - Broad Beans
 - Butter Beans
 - Caneli Beans
 - Cow Peas
 - Chick Peas
 - Edamame
 - Fava Beans
 - Green Peas
 - Great Northern Beans
 - Lentils (all colors)
 - Lima Beans
 - Kidney Beans
 - Mung Beans
 - Natto*
 - Navy Beans
 - Pinto Beans
 - Puy Lentils
 - Soybeans
 - Tofu*
 - Tempeh*
- *Can have high fat content.
Check label

CONDIMENTS

- Balsamic Reduction
- Chillis
- Curry powders (Not paste with oil)
- Dehydrated Mushrooms
- Herbs and spices
- Garlic
- Ginger
- Lemon/Lime Juice
- Mustard
- Salt Free Seasonings
- Vegetable Stock
- Vinegars