# WEEKLY SHOPPING LIST

## FRUITS
Apples
bananas
blackberries,
raspberries
strawberries
cantaloupe
grapefruit
mangoes
oranges
pears
pineapple
pomegranates
watermelon

## FROZEN FRUITS
mixed fruit
mixed berries
strawberry
mango
pineapple

## VEGETABLES
bok choy
bell peppers (red, green, yellow)
broccoli
salad greens
cabbage (green, red)
carrots
celery
cucumbers
eggplant
kale (baby, curly, dinosaur)
onions (red, yellow, green)
radishes
sugar snap peas
spinach
tomatoes
zucchini
cauiflower
avocado

## LEGUMES
beans (raw & can), lentils (raw)

## CONDIMENTS
balsamic vinegar
lemon juice
low-sodium vegetable broth
Brag's liquid aminos
nut butter (almond, cashew, peanut)
rice wine vinegar
Mrs. Dash (salt-free seasoning)
Dijon mustard
Canned tomatoes
dry herbs (cumin, ginger, turmeric, cinnamon, cloves, sage, nutmeg, oregano, mixed Italian, rosemary, thyme, basil)
Curry powder
Pure vanilla extract
Chili powder
curry powder
Fresh herbs: thyme, ginger,
100% apricot spread

## STARCHY VEGETABLES
yam
sweet potatoes
potatoes
squash
pumpkin
corn

## WHOLE GRAINS
oats
millet
buckwheat
quinoa
brown rice
wild rice
pasta

## RAW NUTS & SEEDS
almonds
cashews
walnuts
pecans
sesame seeds
pumpkin seeds (and ground)
chia seeds
flaxseeds
hemp seeds

## FISH (OPTIONAL)
wild salmon
trout
soul
flounder
talapia

*Frozen wild fish is better than fresh farmed.

© Dr. Del Millers ~ personalfitness.com ~ drdel@delmillers.com