

NOUVEAU RAW

SHOPPING LIST

This ultimate raw (mostly vegan) healthy grocery list is like your treasure map, guiding you to the good stuff so that you fill your cart with the building blocks for endless healthy meals.

Before heading out to the store, **PRINT THE GROCERY LIST** and go through your pantry, fridge, and freezer, checking off everything you need.

FRUITS

APPLES

- Green
- Red
- Yellow

BERRIES

- Acai
- Blueberries
- Blackberries
- Black Currants
- Boysenberry
- Cape Gooseberries
- Elderberries
- Goji
- Huckleberries
- Logan
- Raspberries
- Strawberries

GRAPES

- Concord
- Green
- Purple
- Red

GRAPEFRUITS

- Pameló
- Pink
- Red

MELONS

- Cantaloupe
- Honeydew
- Horned
- Muskmelon
- Watermelon

ORANGES

- Blood
- Cara Cara
- Clementine
- Kumquats
- Mandarins
- Navel
- Nectarines
- Satsumas
- Tangerines
- Valencia

MISC. FRUITS

- Apricots
- Avocados
- Bananas
- Cherries
- Durian
- Guava
- Kiwi
- Lemons
- Limes
- Mango
- Papaya
- Peaches
- Pears
- Pomegranate

MISC. FRUITS CONTINUED

- Persimmons
- Plums

VEGGIES

BROCCOLI

- Broccoli Rabe
- Romanesco
- Chinese

CABBAGE

- Bok Choy
- Chinese
- Curly
- Green
- Napa
- Red

RADISH

- Black
- Daikon
- Red
- Watermelon

BELL PEPPERS

- Green
- Orange
- Red
- Yellow

SHOPPING LIST

NOUVEAU RAW

HOT PEPPERS

- Anaheim
- Chili
- Fresno
- Habanero
- Ghost
- Jalapeno
- Poblano
- Serrano

FRESH HERBS

- Basil
- Chives
- Cilantro
- Dill
- Garlic
- Lemon Balm
- Lemon Grass
- Marjoram
- Mint
- Oregano
- Parsley
- Rosemary
- Sage
- Tarragon
- Thyme

PEAS

- English
- Snow
- Sweet
- Sugar Snap

LEAFY GREENS

- Arugula
- Belgian Endive
- Butter Lettuce
- Collard Greens
- Escarole
- French Sorrel
- Kale
- Mustard Greens
- Radicchio
- Romaine

LEAFY GREENS CONTINUED

- Spinach
- Swiss Chard

MUSHROOMS

- Chanterelle
- Cremini
- Oyster
- Portobello
- Shiitake
- White

ONIONS

- Leeks
- Pearl
- Purple
- Red
- Scallions
- Shallots
- Spring
- Sweet
- Vidalia
- White
- Yellow

SQUASH

- Acorn
- Butternut
- Chayote
- Pumpkin
- Winter

ROOT VEGETABLES

- Beets
- Carrots
- Celeriac Root
- Fennel Bulb
- Jicama
- Kohlrabi
- Parsnips
- Rutabaga

TOMATOES

- Beef
- Cherry

TOMATOES CONTINUED

- Grape
- Plum
- Roma
- Tomatillo

MISC. VEGGIES

- Alfalfa Sprouts
- Artichokes
- Asparagus
- Brussel Sprouts
- Cauliflower
- Corn
- Edamame
- Eggplant
- Ginger
- Green Beans
- Mung Bean Sprouts
- Okra
- Sweet Potato
- Turnips
- Watercress
- Yams
- Young Thai Coconuts
- Zucchini

CONDIMENTS

DRIED FRUITS

- Apple
- Apricots
- Banana
- Blueberries
- Cranberries
- Fig
- Ginger
- Mango
- Medjool Dates
- Mulberries
- Papaya
- Pineapple
- Prunes

SHOPPING LIST

NOUVEAU RAW

DRIED FRUITS CONTINUED

- Coconut Unsweetened
- Raisins
- Sun-Dried Tomato

SEEDS

- Chia
- Flax
- Hemp
- Inchi
- Pumpkin
- Sunflower
- Sesame

NUTS

- Almonds
- Brazil
- Cashews
- Hazelnuts
- Macadamia
- Peanuts
- Pecans
- Pili
- Pine
- Pistachio
- Tiger
- Walnuts

GRAINS (bulk section)

- Buckwheat
- Chickpeas
- Forbidden Rice
- Lentils
- Millet
- Oat Groats
- Oatmeal, Rolled GF
- Quinoa
- Wild Rice

HERBS (dried)

- Basil
- Dill
- Italian Seasoning
- Rosemary

HERBS (dried) CONTINUED

- Sage
- Thyme

OILS

- Extra Virgin Olive
- Cold-pressed Coconut
- Cold-pressed Avocado

FLOURS

- Almond
- Buckwheat
- Coconut
- Oat
- Tiger Nut

NUT BUTTERS

- Almond
- Cashew
- Coconut
- Hazelnut
- Sunflower
- Tahini

RAW CACAO / CAROB

- Cacao Butter
- Cacao Nibs
- Cacao Paste
- Cacao Powder
- Carob Powder

REFRIGERATED OILS

- Flax Seed
- Hemp
- Macadamia Nut

SPICES

- Allspice
- Anise
- Black Pepper
- Cayenne
- Cinnamon
- Cloves
- Cumin
- Garlic Powder

SPICES CONTINUED

- Kala Namak India Black Salt
- Mustard Seeds
- Nutmeg
- Onion Powder
- Pumpkin Spice
- Sea Salt
- Vanilla Pods or Extract

SWEETENERS

- Agave
- Coconut Crystals
- Coconut Nectar
- Honey
- Lacuma
- Maple Syrup
- Markus Sweet
- Mesquite Powder
- Stevia
- Yacon Syrup

WRAPS

- Coconut Wraps
- Nori Sheets

THICKENERS

- Agar Powder
- Irish Moss
- Lecithin (emulsifier)
- Psyllium Husks

VINEGAR

- Coconut Vinegar
- Raw Apple Cider Vinegar

MISC.

- Chickpea Miso
- Kelp Noodles
- Kelp Powder
- Maca
- Matcha Powder
- Nutritional Yeast
- Probiotics
- Spirulina

SHOPPING LIST

NOUVEAU**RAW**

When purchasing the items below, be sure to look for **ORGANIC**. The following foods are high in pesticides.

FRUITS

- Apples
- Cherries
- Grapes
- Nectarines
- Peaches
- Pears
- Strawberries

VEGETABLES

- Celery
- Hot Peppers
- Potatoes
- Spinach
- Sweet Bell Peppers
- Tomatoes

ADDITIONAL GROCERY ITEMS

Eat like you love yourself - Amie Sue Oldfather