



Choose Joyful Health

Move well. Feel good. Do what matters.

Eat Well. Start Now.

Grocery List

Choose Organic

Produce

- Apples
- Avocado
- Bananas
- Beets
- Bell & HotPeppers
- Blueberries
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumber
- Chery Tomatoes
- Eggplant
- Garlic / Ginger / Turmeric
- Grapes
- Greens: Kale, Bok Choy, Lettuce, Spinach, Collards, Chard, Salad Mix
- Herbs: Cilantro / Parsley
- Lemon / Limes
- Miso
- Mushrooms
- Oranges
- Onions
- Peaches & Nectarines
- Pears
- Potatoes
- Radishes
- Snap Peas
- Sprouts
- Strawberries
- Sweet Potatoes
- Tomatoes
- Tempeh
- Yellow Squash
- Zucchini
- _____
- _____
- _____
- _____
- _____

Bakery & Grains

- 100% Whole Grains
- _____
- _____
- _____

Raw Unsalted Nuts & Seeds

- Peanuts and Peanut Butter
- _____
 - _____
 - _____

Frozen

- Veggies
- Edamame

Dairy & Eggs

- Best to buy local, organic, whole fat & learn about labels!
- Whole fat milk
 - Whole fat yogurt
 - Cheese
 - Cheese slices
 - Eggs
 - Butter
- Next best are products from cows not treated with bGH, rBGH, bST

Meats & Seafood

Buy local from known source.
 Meats: Organic is most meaningful label.
 Seafood: Marine Stewardship Council (MSC) Certified, Sustainable, Wild-caught

Read all labels

- Avoid these oils:
- X Canola, Corn, Cottonseed, Grapeseed, Hydrogenated anything, Palm Kernel Oil, Safflower, Sesame, Soybean, Sunflower, Vegetable Oil, Walnut

Packaged Foods

- Beans (canned)
- Beans (dried)
- Coconut Milk & Coconut Oil
- Coffee/Tea
- Grains
- Ketchup/Mustard/Mayo
- Olives
- Organic Olive Oil, cold-pressed in glass jar
- Pasta
- Pesto Sauce
- Pickles
- Raisins
- Salad dressing (check oils)
- Sauerkraut (no sugar)
- Soy Sauce
- Soups & Broths
- Spaghetti Sauce
- Spices
- Tahini
- Tamari
- Tuna/Salmon can-wild caught
- Vinegar
- _____
- _____
- _____
- _____

Household

- _____
- _____
- _____
- _____
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- _____
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- _____
- _____
- _____