# Vegan Shopping List – Choose Organic, Fresh and Raw!

## Produce
- Avocado
- Broccoli
- Celery
- Carrots
- Cabbage
- Cucumber
- Green/String Beans
- Green Leafy Vegetables (Kale, Chard, Spinach, Lettuce, Collard Greens, Beet Greens, Dandelion Leaves, etc.)
- Seasonal Veggies (Pumpkin, Endive, Sweet Corn, Fennel, Kohlrabi, etc.)
- Tomatoes
- Mushrooms (Shiitake, Portobello, etc.)

## Fruit
- Apples
- Bananas
- Lemons
- Seasonal Fruits (strawberries, tangerines, pears, cherries, oranges, etc)
- Young Tai Coconuts

## Herbs
- Garlic
- Ginger
- Onions
- Fresh Herbs (parsley, basil, etc.)

## Nuts & Seeds
- Almonds
- Cashews
- Brazil Nuts
- Almond Butter
- Tahini
- Sesame Seeds
- Hemp Seeds
- Flax Seeds
- Pine Nuts
- Pumpkin Seeds
- Sunflower Seeds

## Snacks
- Chocolate Bar - Green+
- Lara Bars
- Didi’s Raw Granola Bar
- Pecan Cookie – Good Stuff from Mom and Me
- Trail Mix
- Baby Carrots
- Dried Fruit

## Sea Vegetables
- Nori Sheets
- Dried Kelp, Dulse etc.

## Condiments
- Pesto
- Tapenade – Black Olives
- Tapenade – Sun Dried Tomatoes
- Black Olives
- Salsa
- Artichoke Dip
- Stone Ground Mustard
- Apple Cider Vinegar
- Tamari (Soy)
- Miso (unpasteurized)

## Oils
- Extra Virgin Coconut Oil
- Extra Virgin Olive Oil
- Sesame Oil

## Spices/Salt
- Himalaya /Celtic Sea Salt
- Raw Vanilla Beans (or powder)
- Cinnamon
- Herbs of choice (Provence, Curry)

## Sweeteners
- Raw Organic Honey
- Raw Agave Nectar
- Liquid Stevia
- 100% Pure Maple Syrup
- Yukon Syrup

## Grains & Pasta
- Spelt Flour
- Spelt Pasta
- Quinoa
- Buckwheat

## Bread (refrigerated)
- Sprouted Bread or Tortillas (e.g. Ezenkiel)
- Sprouted Bagels (e.g. Alvarado)

## Super Foods
- Carob Powder
- Camu Camu / Acai Powder (vit C)
- Chocolate Powder (or Nibs)
- E3 Live (Blue Green Algae)
- Goji Berries
- Green or Wheatgrass Powder
- Lucuma Powder
- Mesquite Powder
- Maca Powder

## Supplements
- MSM Sulfur
- Vitamin B-12 (or from E3-Live)
- Vitamin D3
- Vitamin K2