

Shopping Guide

Out with the old, in with the new! Stock your fridge and pantry with these P20-approved items to make healthy eating a cinch!

HEALTHFUL FATS

- Almonds
- Avocado
- Grass-fed ghee
- Chia seeds
- Coconut oil
- Filberts
- Flax (oil, seeds)
- Hazelnuts
- Hemp (oil, seeds)
- Nut and seed butters
- Olive (oil, fruit)
- Pecans
- Pumpkin seeds
- Sesame (oil, seeds, tahini)
- Sunflower seeds
- Walnuts

EGGS / MEATS / SEAFOOD

- Organic Eggs
- Organic poultry
- Organic, farmed, or wild fish
- Shellfish
- Lamb
- Grass-fed beef
- Pasture-raised pork

LEGUMES

- Black beans
- Garbanzos (beans, hummus)
- Lentils (green, black, red)
- Pinto beans
- Organic soy (edamame, tempeh, tofu)
- White beans

BOOSTER FOODS

- Nutritional yeast
- Sea vegetables (nori, dulse, hijiki)
- Algae (spirulina, chlorella)
- Flax, chia, hemp seeds
- Herbs and spices

Shopping Guide

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FRESH FRUITS

- Apples
- Apricots
- Bananas
- Berries
- Citrus (orange, lemon, lime, grapefruit, etc.)
- Figs
- Grapes
- Mango
- Melon
- Nectarines
- Peaches
- Pears
- Pineapple
- Plums
- Pomegranate

CANNED/ JARRED FOOD

- Applesauce, unsweetened
- Artichokes
- Beans (black, garbanzo)
- Fish (salmon, sardines, tuna)
- Marinara sauce (no sugar added)
- Pineapple
- Tomatoes

FRESH VEGETABLES

- Asparagus
- Broccoli
- Brussels sprouts
- Cabbage (green, red)
- Carrots
- Cauliflower
- Celery
- Cucumbers
- Green beans
- Jicama
- Leafy greens (arugula, bok choy, chard, collards, dandelion, kale, spinach, etc.)
- Lettuce
- Mushrooms (crimini, button, shiitake, Portobello)
- Onions
- Peas (pod, snap, snow)
- Peppers
- Radishes
- Sprouts (seeds, beans/ legumes)
- Tomatoes
- Zucchini (summer squash)

Shopping Guide

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STARCHY VEGETABLES

- Beets
- Carrots
- Parsnips
- Potatoes
- Pumpkin
- Rutabaga
- Squash (butternut, delicata, kabocha, etc.)
- Sweet potatoes/yams
- Turnips

FROZEN FOOD SUGGESTIONS

- Berries
- Chicken breasts
- Corn
- Fish
- Green beans
- Mango
- Mixed vegetables
- Peas

WHOLE GRAINS

- Amaranth
- Brown rice
- Millet
- Oats
- Corn (non-GMO)
- Quinoa
- Wild rice

SPICES (SWEET)

- Allspice
- Cardamom
- Cinnamon
- Cloves
- Coriander
- Nutmeg

SPICES (SAVORY)

- Garlic
- Ginger
- Mustard powder
- Peppers (black, cayenne, chili)
- Turmeric

Shopping Guide

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HERBS

- Basil
- Cilantro
- Oregano
- Parsley
- Rosemary
- Sage
- Thyme

BEVERAGES

- Almond or other non-dairy milk, unsweetened
- Kombucha
- Green tea
- Herbal tea
- Broth
- Sparkling water

CONDIMENTS

- Apple cider vinegar
- Balsamic vinegar
- Brown rice vinegar
- Fruit preserves
- Honey (raw, organic)
- Maple syrup (100% pure)
- Mustard
- Sea salt
- Tamari