

How it works

Plan, prepare, cook, clean up...repeat. Sound familiar? This food thing doesn't have to be exhausting! It's time to work smarter, not harder.

This system allows you to buy as much stuff as possible during one big trip to the store (or order online) at the beginning of each month. For the rest of the month, a super quick weekly trip to the store or Farmers Market for your fresh items will do.

Hang these lists anywhere in your kitchen. Make it a family affair by asking everyone to add to it!

FIRST WEEK OF MONTH

Staples & Household

Both of these are 'once a month' lists, which includes non-perishable pantry items, frozen items, and household items. Throughout the previous month, mark things as you run out of them so you will know what to stock up on at the **beginning of the month** (ex. your May list stays on the fridge through the month of April). Having a meal plan for the entire month allows you to pick and choose which items you need to stock up on. This also allows you to buy in bulk, saving money AND time.

WEEKLY

Fresh

This is a list of perishable fruits, veggies, milk, eggs, etc. according to what is on your meal plan week to week. Take this list to the store with you **once a week** (including week 1 when you get your staples & household items)

WHAT LISTS TO BRING....

- WEEK 1
(first full week of the month) Staples, Household, Fresh
- WEEK 2, 3, 4.... Fresh

Staples

MONTHLY LIST

SHOPPING DATE: _____

HERBS & SPICES	
Organic, non-irradiated	
<input type="checkbox"/>	Anise
<input type="checkbox"/>	Basil
<input type="checkbox"/>	Black pepper
<input type="checkbox"/>	Cayenne Pepper
<input type="checkbox"/>	Chili Powder
<input type="checkbox"/>	Cilantro
<input type="checkbox"/>	Cinnamon
<input type="checkbox"/>	Cloves
<input type="checkbox"/>	Coriander Seed
<input type="checkbox"/>	Cumin
<input type="checkbox"/>	Dill
<input type="checkbox"/>	Fennel
<input type="checkbox"/>	Garlic, minced
<input type="checkbox"/>	Garlic powder
<input type="checkbox"/>	Ginger
<input type="checkbox"/>	Lavender
<input type="checkbox"/>	Marjoram
<input type="checkbox"/>	Mint
<input type="checkbox"/>	Mustard Seeds
<input type="checkbox"/>	Nutmeg
<input type="checkbox"/>	Onion, minced
<input type="checkbox"/>	Onion powder
<input type="checkbox"/>	Oregano
<input type="checkbox"/>	Paprika
<input type="checkbox"/>	Parsley
<input type="checkbox"/>	Peppermint
<input type="checkbox"/>	Rosemary
<input type="checkbox"/>	Sage
<input type="checkbox"/>	Savory
<input type="checkbox"/>	Salt (Himalayan)
<input type="checkbox"/>	Stevia (liquid/packets)
<input type="checkbox"/>	Tarragon
<input type="checkbox"/>	Thyme
<input type="checkbox"/>	Turmeric
<input type="checkbox"/>	Extracts (Vanilla, Almond, etc)
<input type="checkbox"/>	Other:

FATS & OILS	
Organic, Unrefined	
<input type="checkbox"/>	Avocado Oil
<input type="checkbox"/>	Almond Oil
<input type="checkbox"/>	Butter (grass-fed, pastured)
<input type="checkbox"/>	Coconut Oil
<input type="checkbox"/>	Ghee
<input type="checkbox"/>	Grapeseed Oil
<input type="checkbox"/>	Macadamia Oil
<input type="checkbox"/>	Olive Oil
<input type="checkbox"/>	Sesame Oil
<input type="checkbox"/>	Palm Oil
<input type="checkbox"/>	Walnut Oil
<input type="checkbox"/>	Other:

NUTS & SEEDS	
Raw, sprouted	
<input type="checkbox"/>	Almonds
<input type="checkbox"/>	Brazil Nuts
<input type="checkbox"/>	Chia Seeds
<input type="checkbox"/>	Flax Seeds
<input type="checkbox"/>	Hazelnuts
<input type="checkbox"/>	Hempseeds
<input type="checkbox"/>	Macadamia
<input type="checkbox"/>	Pecans
<input type="checkbox"/>	Pine Nuts
<input type="checkbox"/>	Pistachios
<input type="checkbox"/>	Pumpkin Seeds
<input type="checkbox"/>	Sesame Seeds
<input type="checkbox"/>	Sunflower Seeds
<input type="checkbox"/>	Walnuts
<input type="checkbox"/>	Nut butter
<input type="checkbox"/>	Other:

GRAINS, FLOURS, BAKING	
<input type="checkbox"/>	Almond Flour
<input type="checkbox"/>	Brown/Wild/Black Rice
<input type="checkbox"/>	Coconut Flour
<input type="checkbox"/>	Coconut Sugar
<input type="checkbox"/>	Cocoa (raw)
<input type="checkbox"/>	Gluten Free Wraps & Bread (Coconut/Almond, Paleo, etc)
<input type="checkbox"/>	Oats/Oatmeal
<input type="checkbox"/>	Quinoa
<input type="checkbox"/>	Tapioca Flour/Arrowroot Powder
<input type="checkbox"/>	Unsweetened Coconut Flakes
<input type="checkbox"/>	Other:

CANNED & BOTTLED	
<input type="checkbox"/>	Apple cider vinegar
<input type="checkbox"/>	Balsamic vinegar
<input type="checkbox"/>	BBQ Sauce
<input type="checkbox"/>	Coconut aminos/liquid aminos
<input type="checkbox"/>	Coconut milk, full-fat
<input type="checkbox"/>	Fermented Foods (Sauerkraut, Kimchi, etc)
<input type="checkbox"/>	Fish sauce
<input type="checkbox"/>	Honey (raw)
<input type="checkbox"/>	Hummus
<input type="checkbox"/>	Ketchup
<input type="checkbox"/>	Maple syrup
<input type="checkbox"/>	Mayonnaise (grapseed, avocado oil)
<input type="checkbox"/>	Mustard
<input type="checkbox"/>	Pickles
<input type="checkbox"/>	Salad Dressings
<input type="checkbox"/>	Salsa
<input type="checkbox"/>	Tomato (paste, sauce, puree, etc)
<input type="checkbox"/>	Wild Tuna/Salmon (canned)
<input type="checkbox"/>	Other:

BEANS/LEGUMES (DRY)	
<input type="checkbox"/>	Adzuki Beans
<input type="checkbox"/>	Black Beans
<input type="checkbox"/>	Black-eyed peas
<input type="checkbox"/>	Broad Beans
<input type="checkbox"/>	Garbanzo Beans
<input type="checkbox"/>	Kidney Beans
<input type="checkbox"/>	Lentils
<input type="checkbox"/>	Lima Beans
<input type="checkbox"/>	Navy Beans
<input type="checkbox"/>	Pinto Beans
<input type="checkbox"/>	Red Beans
<input type="checkbox"/>	Split Beans
<input type="checkbox"/>	Other:

BEVERAGES	
<input type="checkbox"/>	Herbal Teas
<input type="checkbox"/>	Coffee
<input type="checkbox"/>	Kombucha
<input type="checkbox"/>	Sparkling Water
<input type="checkbox"/>	Kefir/Amasai
<input type="checkbox"/>	Other:

SUPPLEMENTS	
<input type="checkbox"/>	Fish Oil (Omega 3)
<input type="checkbox"/>	Grass-fed Protein Powder
<input type="checkbox"/>	Greens Powder
<input type="checkbox"/>	Probiotics
<input type="checkbox"/>	Protein/Snack bars
<input type="checkbox"/>	Vitamin D
<input type="checkbox"/>	Other:

FROZEN VEGGIES	
<input type="checkbox"/>	Asparagus
<input type="checkbox"/>	Broccoli
<input type="checkbox"/>	Brussel Sprouts
<input type="checkbox"/>	Carrots
<input type="checkbox"/>	Cauliflower
<input type="checkbox"/>	Collards (O)
<input type="checkbox"/>	Green Beans
<input type="checkbox"/>	Mushrooms
<input type="checkbox"/>	Mustard Greens
<input type="checkbox"/>	Peppers
<input type="checkbox"/>	Spinach (O)
<input type="checkbox"/>	Other:

FROZEN MEAT & FISH	
Wild-caught fish, Organic Grass-fed meats	
<input type="checkbox"/>	Fish
<input type="checkbox"/>	Cod
<input type="checkbox"/>	Grouper
<input type="checkbox"/>	Haddock
<input type="checkbox"/>	Halibut
<input type="checkbox"/>	Herring
<input type="checkbox"/>	Mackerel
<input type="checkbox"/>	Mahi Mahi
<input type="checkbox"/>	Orange Roughy
<input type="checkbox"/>	Salmon
<input type="checkbox"/>	Sea Bass
<input type="checkbox"/>	Snapper
<input type="checkbox"/>	Trout
<input type="checkbox"/>	Tuna
<input type="checkbox"/>	Chicken
<input type="checkbox"/>	Whole Breast
<input type="checkbox"/>	Wing Drumstick
<input type="checkbox"/>	Leg Thigh
<input type="checkbox"/>	Beef
<input type="checkbox"/>	Ground NY Strip
<input type="checkbox"/>	Filet Ribeye
<input type="checkbox"/>	Sirloin Roast
<input type="checkbox"/>	Short Ribs
<input type="checkbox"/>	Lamb
<input type="checkbox"/>	Pork
<input type="checkbox"/>	Turkey
<input type="checkbox"/>	Veal
<input type="checkbox"/>	Venison
<input type="checkbox"/>	Bison
<input type="checkbox"/>	Other:

FROZEN FRUIT	
<input type="checkbox"/>	Blackberries
<input type="checkbox"/>	Blueberries
<input type="checkbox"/>	Raspberries
<input type="checkbox"/>	Strawberries (O)
<input type="checkbox"/>	Cherries
<input type="checkbox"/>	Mangos
<input type="checkbox"/>	Peaches
<input type="checkbox"/>	Pineapple
<input type="checkbox"/>	Mixed Berries
<input type="checkbox"/>	Other:

Fresh

WEEK __ LIST

SHOPPING DATE: _____

FRESH FRUIT	
berries preferred	
<input type="checkbox"/>	Apple (O)
<input type="checkbox"/>	Apricot
<input type="checkbox"/>	Avocado
<input type="checkbox"/>	Banana
<input type="checkbox"/>	Blackberries
<input type="checkbox"/>	Blueberries
<input type="checkbox"/>	Boysenberries
<input type="checkbox"/>	Cantaloupe
<input type="checkbox"/>	Cherries
<input type="checkbox"/>	Coconut
<input type="checkbox"/>	Cranberries
<input type="checkbox"/>	Figs
<input type="checkbox"/>	Goji Berries
<input type="checkbox"/>	Gooseberries
<input type="checkbox"/>	Grapefruit
<input type="checkbox"/>	Grapes (O)
<input type="checkbox"/>	Guava
<input type="checkbox"/>	Honeydew Melon
<input type="checkbox"/>	Kiwi
<input type="checkbox"/>	Lemon
<input type="checkbox"/>	Lime
<input type="checkbox"/>	Lychee
<input type="checkbox"/>	Mango
<input type="checkbox"/>	Nectarine (O)
<input type="checkbox"/>	Orange
<input type="checkbox"/>	Oregano
<input type="checkbox"/>	Papaya
<input type="checkbox"/>	Passion Fruit
<input type="checkbox"/>	Peaches (O)
<input type="checkbox"/>	Pears
<input type="checkbox"/>	Persimmon
<input type="checkbox"/>	Pineapple
<input type="checkbox"/>	Plums
<input type="checkbox"/>	Pomegranata
<input type="checkbox"/>	Raspberries
<input type="checkbox"/>	Rhubarb
<input type="checkbox"/>	Star Fruit
<input type="checkbox"/>	Strawberries (O)
<input type="checkbox"/>	Tangerine
<input type="checkbox"/>	Watermelon

DAIRY, EGGS, ETC.	
Low-temp processed, A2 casein	
<input type="checkbox"/>	Cheese
<input type="checkbox"/>	Eggs
<input type="checkbox"/>	Goats Milk/Cheese
<input type="checkbox"/>	Kefir/Amasai
<input type="checkbox"/>	Milk; Coconut, Almond, etc.
<input type="checkbox"/>	Milk; Cows
<input type="checkbox"/>	Sheep Cheese/Yogurt

MISC.	
<input type="checkbox"/>	Fresh Herbs
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

FRESH VEGGIES	
<input type="checkbox"/>	Artichoke
<input type="checkbox"/>	Arugula
<input type="checkbox"/>	Asparagus
<input type="checkbox"/>	Avocados
<input type="checkbox"/>	Beets/Beet Greens
<input type="checkbox"/>	Bell Peppers (O)
<input type="checkbox"/>	Bok Choy
<input type="checkbox"/>	Broccoli
<input type="checkbox"/>	Broccoli Rabe
<input type="checkbox"/>	Brussel Sprouts
<input type="checkbox"/>	Burdock
<input type="checkbox"/>	Cabbage
<input type="checkbox"/>	Carrots
<input type="checkbox"/>	Cauliflower
<input type="checkbox"/>	Celery (O)
<input type="checkbox"/>	Collard Greens (O)
<input type="checkbox"/>	Cucumbers (O)
<input type="checkbox"/>	Dandelion Greens
<input type="checkbox"/>	Eggplant
<input type="checkbox"/>	Endive
<input type="checkbox"/>	Carob
<input type="checkbox"/>	Fennel
<input type="checkbox"/>	Fiddlehead Ferns
<input type="checkbox"/>	Garlic
<input type="checkbox"/>	Green Beans
<input type="checkbox"/>	Guacamole
<input type="checkbox"/>	Jicama
<input type="checkbox"/>	Kale (O)
<input type="checkbox"/>	Kohlrabi
<input type="checkbox"/>	Leeks
<input type="checkbox"/>	Mushrooms
<input type="checkbox"/>	Mustard Greens
<input type="checkbox"/>	Olives
<input type="checkbox"/>	Onions
<input type="checkbox"/>	Parsnip
<input type="checkbox"/>	Peppers (O)
<input type="checkbox"/>	Pumpkin
<input type="checkbox"/>	Purslane
<input type="checkbox"/>	Radish (daikon, spanish black)
<input type="checkbox"/>	Romaine Lettuce
<input type="checkbox"/>	Rutabaga
<input type="checkbox"/>	Sea Vegetables (Dulse, Kelp, Seaweed)
<input type="checkbox"/>	Squash
<input type="checkbox"/>	Swiss Chard
<input type="checkbox"/>	Sweet Potatoes
<input type="checkbox"/>	Spinach (O)
<input type="checkbox"/>	Tomatoes (O)
<input type="checkbox"/>	Turnips
<input type="checkbox"/>	Turnip Greens
<input type="checkbox"/>	Watercress

MISC.	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

Fresh

WEEK __ LIST

SHOPPING DATE: _____

FRESH FRUIT	
berries preferred	
<input type="checkbox"/>	Apple (O)
<input type="checkbox"/>	Apricot
<input type="checkbox"/>	Avocado
<input type="checkbox"/>	Banana
<input type="checkbox"/>	Blackberries
<input type="checkbox"/>	Blueberries
<input type="checkbox"/>	Boysenberries
<input type="checkbox"/>	Cantaloupe
<input type="checkbox"/>	Cherries
<input type="checkbox"/>	Coconut
<input type="checkbox"/>	Cranberries
<input type="checkbox"/>	Figs
<input type="checkbox"/>	Goji Berries
<input type="checkbox"/>	Gooseberries
<input type="checkbox"/>	Grapefruit
<input type="checkbox"/>	Grapes (O)
<input type="checkbox"/>	Guava
<input type="checkbox"/>	Honeydew Melon
<input type="checkbox"/>	Kiwi
<input type="checkbox"/>	Lemon
<input type="checkbox"/>	Lime
<input type="checkbox"/>	Lychee
<input type="checkbox"/>	Mango
<input type="checkbox"/>	Nectarine (O)
<input type="checkbox"/>	Orange
<input type="checkbox"/>	Oregano
<input type="checkbox"/>	Papaya
<input type="checkbox"/>	Passion Fruit
<input type="checkbox"/>	Peaches (O)
<input type="checkbox"/>	Pears
<input type="checkbox"/>	Persimmon
<input type="checkbox"/>	Pineapple
<input type="checkbox"/>	Plums
<input type="checkbox"/>	Pomegranata
<input type="checkbox"/>	Raspberries
<input type="checkbox"/>	Rhubarb
<input type="checkbox"/>	Star Fruit
<input type="checkbox"/>	Strawberries (O)
<input type="checkbox"/>	Tangerine
<input type="checkbox"/>	Watermelon

DAIRY, EGGS, ETC.	
Low-temp processed, A2 casein	
<input type="checkbox"/>	Cheese
<input type="checkbox"/>	Eggs
<input type="checkbox"/>	Goats Milk/Cheese
<input type="checkbox"/>	Kefir/Amasai
<input type="checkbox"/>	Milk; Coconut, Almond, etc.
<input type="checkbox"/>	Milk; Cows
<input type="checkbox"/>	Sheep Cheese/Yogurt

MISC.	
<input type="checkbox"/>	Fresh Herbs
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

FRESH VEGGIES	
<input type="checkbox"/>	Artichoke
<input type="checkbox"/>	Arugula
<input type="checkbox"/>	Asparagus
<input type="checkbox"/>	Avocados
<input type="checkbox"/>	Beets/Beet Greens
<input type="checkbox"/>	Bell Peppers (O)
<input type="checkbox"/>	Bok Choy
<input type="checkbox"/>	Broccoli
<input type="checkbox"/>	Broccoli Rabe
<input type="checkbox"/>	Brussel Sprouts
<input type="checkbox"/>	Burdock
<input type="checkbox"/>	Cabbage
<input type="checkbox"/>	Carrots
<input type="checkbox"/>	Cauliflower
<input type="checkbox"/>	Celery (O)
<input type="checkbox"/>	Collard Greens (O)
<input type="checkbox"/>	Cucumbers (O)
<input type="checkbox"/>	Dandelion Greens
<input type="checkbox"/>	Eggplant
<input type="checkbox"/>	Endive
<input type="checkbox"/>	Carob
<input type="checkbox"/>	Fennel
<input type="checkbox"/>	Fiddlehead Ferns
<input type="checkbox"/>	Garlic
<input type="checkbox"/>	Green Beans
<input type="checkbox"/>	Guacamole
<input type="checkbox"/>	Jicama
<input type="checkbox"/>	Kale (O)
<input type="checkbox"/>	Kohlrabi
<input type="checkbox"/>	Leeks
<input type="checkbox"/>	Mushrooms
<input type="checkbox"/>	Mustard Greens
<input type="checkbox"/>	Olives
<input type="checkbox"/>	Onions
<input type="checkbox"/>	Parsnip
<input type="checkbox"/>	Peppers (O)
<input type="checkbox"/>	Pumpkin
<input type="checkbox"/>	Purslane
<input type="checkbox"/>	Radish (daikon, spanish black)
<input type="checkbox"/>	Romaine Lettuce
<input type="checkbox"/>	Rutabaga
<input type="checkbox"/>	Sea Vegetables (Dulse, Kelp, Seaweed)
<input type="checkbox"/>	Squash
<input type="checkbox"/>	Swiss Chard
<input type="checkbox"/>	Sweet Potatoes
<input type="checkbox"/>	Spinach (O)
<input type="checkbox"/>	Tomatoes (O)
<input type="checkbox"/>	Turnips
<input type="checkbox"/>	Turnip Greens
<input type="checkbox"/>	Watercress

MISC.	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

*(O) indicates which fruits/vegetables are best to buy Organic according to EWG's Dirty Dozen list

*(O) indicates which fruits/vegetables are best to buy Organic according to EWG's Dirty Dozen list

Fresh

WEEK __ LIST

SHOPPING DATE: _____

FRESH FRUIT

berries preferred	
<input type="checkbox"/>	Apple (O)
<input type="checkbox"/>	Apricot
<input type="checkbox"/>	Avocado
<input type="checkbox"/>	Banana
<input type="checkbox"/>	Blackberries
<input type="checkbox"/>	Blueberries
<input type="checkbox"/>	Boysenberries
<input type="checkbox"/>	Cantaloupe
<input type="checkbox"/>	Cherries
<input type="checkbox"/>	Coconut
<input type="checkbox"/>	Cranberries
<input type="checkbox"/>	Figs
<input type="checkbox"/>	Goji Berries
<input type="checkbox"/>	Gooseberries
<input type="checkbox"/>	Grapefruit
<input type="checkbox"/>	Grapes (O)
<input type="checkbox"/>	Guava
<input type="checkbox"/>	Honeydew Melon
<input type="checkbox"/>	Kiwi
<input type="checkbox"/>	Lemon
<input type="checkbox"/>	Lime
<input type="checkbox"/>	Lychee
<input type="checkbox"/>	Mango
<input type="checkbox"/>	Nectarine (O)
<input type="checkbox"/>	Orange
<input type="checkbox"/>	Oregano
<input type="checkbox"/>	Papaya
<input type="checkbox"/>	Passion Fruit
<input type="checkbox"/>	Peaches (O)
<input type="checkbox"/>	Pears
<input type="checkbox"/>	Persimmon
<input type="checkbox"/>	Pineapple
<input type="checkbox"/>	Plums
<input type="checkbox"/>	Pomegranata
<input type="checkbox"/>	Raspberries
<input type="checkbox"/>	Rhubarb
<input type="checkbox"/>	Star Fruit
<input type="checkbox"/>	Strawberries (O)
<input type="checkbox"/>	Tangerine
<input type="checkbox"/>	Watermelon

DAIRY, EGGS, ETC.

Low-temp processed, A2 casein	
<input type="checkbox"/>	Cheese
<input type="checkbox"/>	Eggs
<input type="checkbox"/>	Goats Milk/Cheese
<input type="checkbox"/>	Kefir/Amasai
<input type="checkbox"/>	Milk; Coconut, Almond, etc.
<input type="checkbox"/>	Milk; Cows
<input type="checkbox"/>	Sheep Cheese/Yogurt

MISC.

<input type="checkbox"/>	Fresh Herbs
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

FRESH VEGGIES

<input type="checkbox"/>	Artichoke
<input type="checkbox"/>	Arugula
<input type="checkbox"/>	Asparagus
<input type="checkbox"/>	Avocados
<input type="checkbox"/>	Beets/Beet Greens
<input type="checkbox"/>	Bell Peppers (O)
<input type="checkbox"/>	Bok Choy
<input type="checkbox"/>	Broccoli
<input type="checkbox"/>	Broccoli Rabe
<input type="checkbox"/>	Brussel Sprouts
<input type="checkbox"/>	Burdock
<input type="checkbox"/>	Cabbage
<input type="checkbox"/>	Carrots
<input type="checkbox"/>	Cauliflower
<input type="checkbox"/>	Celery (O)
<input type="checkbox"/>	Collard Greens (O)
<input type="checkbox"/>	Cucumbers (O)
<input type="checkbox"/>	Dandelion Greens
<input type="checkbox"/>	Eggplant
<input type="checkbox"/>	Endive
<input type="checkbox"/>	Carob
<input type="checkbox"/>	Fennel
<input type="checkbox"/>	Fiddlehead Ferns
<input type="checkbox"/>	Garlic
<input type="checkbox"/>	Green Beans
<input type="checkbox"/>	Guacamole
<input type="checkbox"/>	Jicama
<input type="checkbox"/>	Kale (O)
<input type="checkbox"/>	Kohlrabi
<input type="checkbox"/>	Leeks
<input type="checkbox"/>	Mushrooms
<input type="checkbox"/>	Mustard Greens
<input type="checkbox"/>	Olives
<input type="checkbox"/>	Onions
<input type="checkbox"/>	Parsnip
<input type="checkbox"/>	Peppers (O)
<input type="checkbox"/>	Pumpkin
<input type="checkbox"/>	Purslane
<input type="checkbox"/>	Radish (daikon, spanish black)
<input type="checkbox"/>	Romaine Lettuce
<input type="checkbox"/>	Rutabaga
<input type="checkbox"/>	Sea Vegetables (Dulse, Kelp, Seaweed)
<input type="checkbox"/>	Squash
<input type="checkbox"/>	Swiss Chard
<input type="checkbox"/>	Sweet Potatoes
<input type="checkbox"/>	Spinach (O)
<input type="checkbox"/>	Tomatoes (O)
<input type="checkbox"/>	Turnips
<input type="checkbox"/>	Turnip Greens
<input type="checkbox"/>	Watercress

MISC.

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

Fresh

WEEK __ LIST

SHOPPING DATE: _____

FRESH FRUIT

berries preferred	
<input type="checkbox"/>	Apple (O)
<input type="checkbox"/>	Apricot
<input type="checkbox"/>	Avocado
<input type="checkbox"/>	Banana
<input type="checkbox"/>	Blackberries
<input type="checkbox"/>	Blueberries
<input type="checkbox"/>	Boysenberries
<input type="checkbox"/>	Cantaloupe
<input type="checkbox"/>	Cherries
<input type="checkbox"/>	Coconut
<input type="checkbox"/>	Cranberries
<input type="checkbox"/>	Figs
<input type="checkbox"/>	Goji Berries
<input type="checkbox"/>	Gooseberries
<input type="checkbox"/>	Grapefruit
<input type="checkbox"/>	Grapes (O)
<input type="checkbox"/>	Guava
<input type="checkbox"/>	Honeydew Melon
<input type="checkbox"/>	Kiwi
<input type="checkbox"/>	Lemon
<input type="checkbox"/>	Lime
<input type="checkbox"/>	Lychee
<input type="checkbox"/>	Mango
<input type="checkbox"/>	Nectarine (O)
<input type="checkbox"/>	Orange
<input type="checkbox"/>	Oregano
<input type="checkbox"/>	Papaya
<input type="checkbox"/>	Passion Fruit
<input type="checkbox"/>	Peaches (O)
<input type="checkbox"/>	Pears
<input type="checkbox"/>	Persimmon
<input type="checkbox"/>	Pineapple
<input type="checkbox"/>	Plums
<input type="checkbox"/>	Pomegranata
<input type="checkbox"/>	Raspberries
<input type="checkbox"/>	Rhubarb
<input type="checkbox"/>	Star Fruit
<input type="checkbox"/>	Strawberries (O)
<input type="checkbox"/>	Tangerine
<input type="checkbox"/>	Watermelon

DAIRY, EGGS, ETC.

Low-temp processed, A2 casein	
<input type="checkbox"/>	Cheese
<input type="checkbox"/>	Eggs
<input type="checkbox"/>	Goats Milk/Cheese
<input type="checkbox"/>	Kefir/Amasai
<input type="checkbox"/>	Milk; Coconut, Almond, etc.
<input type="checkbox"/>	Milk; Cows
<input type="checkbox"/>	Sheep Cheese/Yogurt

MISC.

<input type="checkbox"/>	Fresh Herbs
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

FRESH VEGGIES

<input type="checkbox"/>	Artichoke
<input type="checkbox"/>	Arugula
<input type="checkbox"/>	Asparagus
<input type="checkbox"/>	Avocados
<input type="checkbox"/>	Beets/Beet Greens
<input type="checkbox"/>	Bell Peppers (O)
<input type="checkbox"/>	Bok Choy
<input type="checkbox"/>	Broccoli
<input type="checkbox"/>	Broccoli Rabe
<input type="checkbox"/>	Brussel Sprouts
<input type="checkbox"/>	Burdock
<input type="checkbox"/>	Cabbage
<input type="checkbox"/>	Carrots
<input type="checkbox"/>	Cauliflower
<input type="checkbox"/>	Celery (O)
<input type="checkbox"/>	Collard Greens (O)
<input type="checkbox"/>	Cucumbers (O)
<input type="checkbox"/>	Dandelion Greens
<input type="checkbox"/>	Eggplant
<input type="checkbox"/>	Endive
<input type="checkbox"/>	Carob
<input type="checkbox"/>	Fennel
<input type="checkbox"/>	Fiddlehead Ferns
<input type="checkbox"/>	Garlic
<input type="checkbox"/>	Green Beans
<input type="checkbox"/>	Guacamole
<input type="checkbox"/>	Jicama
<input type="checkbox"/>	Kale (O)
<input type="checkbox"/>	Kohlrabi
<input type="checkbox"/>	Leeks
<input type="checkbox"/>	Mushrooms
<input type="checkbox"/>	Mustard Greens
<input type="checkbox"/>	Olives
<input type="checkbox"/>	Onions
<input type="checkbox"/>	Parsnip
<input type="checkbox"/>	Peppers (O)
<input type="checkbox"/>	Pumpkin
<input type="checkbox"/>	Purslane
<input type="checkbox"/>	Radish (daikon, spanish black)
<input type="checkbox"/>	Romaine Lettuce
<input type="checkbox"/>	Rutabaga
<input type="checkbox"/>	Sea Vegetables (Dulse, Kelp, Seaweed)
<input type="checkbox"/>	Squash
<input type="checkbox"/>	Swiss Chard
<input type="checkbox"/>	Sweet Potatoes
<input type="checkbox"/>	Spinach (O)
<input type="checkbox"/>	Tomatoes (O)
<input type="checkbox"/>	Turnips
<input type="checkbox"/>	Turnip Greens
<input type="checkbox"/>	Watercress

MISC.

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

*(O) indicates which fruits/vegetables are best to buy Organic according to EWG's Dirty Dozen list

*(O) indicates which fruits/vegetables are best to buy Organic according to EWG's Dirty Dozen list

Household

MONTHLY LIST

SHOPPING DATE: _____

KITCHEN	
<input type="checkbox"/>	aluminum foil
<input type="checkbox"/>	parchment paper
<input type="checkbox"/>	plastic wrap
<input type="checkbox"/>	dish soap
<input type="checkbox"/>	dish detergent
<input type="checkbox"/>	sandwich bags
<input type="checkbox"/>	sponges/steel wool

CLEANING	
<input type="checkbox"/>	Toilet Bowl Cleaner
<input type="checkbox"/>	Laundry Detergent
<input type="checkbox"/>	Dryer Sheets
<input type="checkbox"/>	Toilet paper
<input type="checkbox"/>	Paper Towels
<input type="checkbox"/>	Tissues
<input type="checkbox"/>	Glass cleaner
<input type="checkbox"/>	Disinfecting wipes/spray
<input type="checkbox"/>	Trash Bags
<input type="checkbox"/>	Shower Curtain Liner(s)

PERSONAL CARE	
<input type="checkbox"/>	Shampoo
<input type="checkbox"/>	Conditioner
<input type="checkbox"/>	Body Wash
<input type="checkbox"/>	Hand soap
<input type="checkbox"/>	Face Wash
<input type="checkbox"/>	Shaving Cream
<input type="checkbox"/>	Razors
<input type="checkbox"/>	Aftershave
<input type="checkbox"/>	Deodorant
<input type="checkbox"/>	Toothpaste
<input type="checkbox"/>	Toothbrushes
<input type="checkbox"/>	Cosmetics
<input type="checkbox"/>	Body Lotion/Oil
<input type="checkbox"/>	Tampons/Pads

BABY	
<input type="checkbox"/>	Diapers
<input type="checkbox"/>	Wipes
<input type="checkbox"/>	Ointment
<input type="checkbox"/>	
<input type="checkbox"/>	

HOME CARE	
<input type="checkbox"/>	Light Bulbs
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

MISC.	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	