

goodful

7-DAY

# NO ADDED SUGAR

## GROCERY LIST

### FRUIT & VEGETABLE

- ☐ AVOCADO (2)
- ☐ BANANAS (2)
- ☐ CARROTS
- ☐ CUCUMBER
- ☐ EGGPLANT (2)
- ☐ JALAPEÑO (3)
- ☐ KALE
- ☐ LEMON (2)
- ☐ LIMES (4)
- ☐ ONION, GREEN
- ☐ ONION, RED
- ☐ ONION, YELLOW
- ☐ SPINACH
- ☐ STRAWBERRIES
- ☐ SWEET POTATOES (6)
- ☐ TOMATOES: GRAPE, CHERRY, OR MINI-HEIRLOOM
- ☐ TOMATOES: ROMA (6)
- ☐ ZUCCHINI (2)

### PANTRY ITEMS

- ☐ PEANUT BUTTER

### DAIRY

- ☐ ALMOND MILK
- ☐ EGGS (DOZEN)
- ☐ GREEK YOGURT (16OZ, PLAIN)

### AROMATICS & HERBS

- ☐ CILANTRO
- ☐ GARLIC (2)
- ☐ GINGER

### GRAINS

- ☐ BREADCRUMBS
- ☐ BROWN RICE
- ☐ CORN TORTILLAS
- ☐ ROLLED OATS / OLD FASHIONED OATS
- ☐ SOURDOUGH BREAD (OR SIMILAR)
- ☐ QUINOA
- ☐ WHOLE WHEAT PITA BREAD (OR SIMILAR)
- ☐ WHOLE WHEAT SPAGHETTI

### CANNED GOODS

- ☐ BLACK BEANS
- ☐ CHICKPEAS
- ☐ EDAMAME

### MEAT

- ☐ BONELESS CHICKEN BREASTS (1.5 LBS)
- ☐ GROUND TURKEY

### NUTS & SPICES

- ☐ RED PEPPER FLAKES
- ☐ SALTED PEANUTS