

EAT MORE FOOD IN 2012

Shopping List 1

<u>Vegetables</u> <ul style="list-style-type: none"><input type="checkbox"/> Broccoli<input type="checkbox"/> Carrots<input type="checkbox"/> Cucumber<input type="checkbox"/> Dark Greens (Chard, Spinach and Collards)<input type="checkbox"/> Romaine Lettuce<input type="checkbox"/> Fennel<input type="checkbox"/> Garlic<input type="checkbox"/> Mushrooms<input type="checkbox"/> Onions<input type="checkbox"/> Squash, summer<input type="checkbox"/> Squash, winter<input type="checkbox"/> Sweet potatoes<input type="checkbox"/> Tomatoes	<u>Whole Grains, Beans & Starches</u> <ul style="list-style-type: none"><input type="checkbox"/> Ezekiel Bread<input type="checkbox"/> Oats & Oat Bran<input type="checkbox"/> Buckwheat<input type="checkbox"/> Polenta<input type="checkbox"/> Black Beans<input type="checkbox"/> Lentils	<u>Protein Sources</u> <ul style="list-style-type: none"><input type="checkbox"/> Chicken<input type="checkbox"/> Eggs<input type="checkbox"/> Tofu (Non-GMO)<input type="checkbox"/> Vegan Protein Powder (Sun Warrior, etc., <i>Optional</i>)<input type="checkbox"/> Fish (Low mercury/Sustainable)<ul style="list-style-type: none">✓ Sardines✓ Wild salmon✓ Canned LIGHT Tuna
	<u>Fruit</u> <ul style="list-style-type: none"><input type="checkbox"/> Berries<input type="checkbox"/> Apples<input type="checkbox"/> Banana	<u>Extras</u> <ul style="list-style-type: none"><input type="checkbox"/> Tempeh<input type="checkbox"/> Almond milk
	<u>Fats</u> <ul style="list-style-type: none"><input type="checkbox"/> Avocado<input type="checkbox"/> Cheese (goat, soy, low-fat <i>optional</i>)<input type="checkbox"/> Olives<input type="checkbox"/> Flax seed oil<input type="checkbox"/> Chia seeds<input type="checkbox"/> Almond Butter<input type="checkbox"/> Tahini<input type="checkbox"/> Pumpkin Seeds	<u>Drinks</u> <ul style="list-style-type: none"><input type="checkbox"/> Green Tea