melissachappell.com whole food shopping list

DRY GOODS:	☐ Pumpkin Seeds	FRE:
☐ Whole Wheat or Pastry Flour	☐ Flax Seeds (Whole or Ground)	□ Ca
☐ Unbleached White Flour	☐ Hemp Seeds	□Po
☐ Aluminum-free Baking Soda		□Sp
☐ Baking Powder	DRIED FRUITS:	□G
☐ Unprocessed Cocoa Powder	☐ Fruit Juice Sweetened	Kale
□ Natural Salt	Cranberries	□Ro
	☐ Organic Raisins (Black or	Letti
DRY HERBS & SPICES:	Golden)	☐ Sv
☐ Italian Seasoning	☐ Unsulphered Apricots	□To
□ Dill	□ Naturally Sweetened	
☐ Basil	Pineapple	□G
☐ Oregano	Rings	□ Br
☐ Parsley	☐ Unsweetened Shredded	□ Ce
☐ Rosemary	Coconut	□Be
☐ Sage	□ Dates	□Tu
☐ Thyme	☐ Figs	□ Ri
☐ Cinnamon		
☐ Nutmeg	WHOLE GRAINS:	CON
☐ Cumin Seed	☐ Basmati Rice	□ St
☐ Chili Powder	☐ Brown Rice	\square N
□ Paprika	☐ Wild Rice	
☐ Pepper	□ Quinoa	
☐ Ground Ginger	☐ Millet	
☐ Onion Powder	□ Amaranth	
☐ Garlic Powder	☐ Oats (Steel Cut or Rolled)	
☐ Curry Powder	☐ Buckwheat (technically a seed, but	□Al
	works great as a grain!)	□Ta
PROTEIN:	☐ Barley	
☐ Local Farm or Clean Eggs	☐ Bulgar (Cracked Wheat)	TRE
☐ Local or Clean Meats	☐ Whole Grain Pasta	□ CI
	☐ Whole Grain Cereals (Hot or Cold)	
DAIRY:	☐ Whole Grain Breads	
☐ Organic Butter	L Whole Grain Breads	
☐ Specialty Cheeses	FROZEN FRUIT FOR	□In
☐ Clean Whole Milk	SMOOTHIES:	Owr
☐ Organic or Clean Sour Cream	☐ Raspberries or Mixed Berries	This
☐ Natural Ice Cream	☐ Peaches	
	☐ Pineapple	
DAIRY ALTERNATIVES:	Птеврие	
☐ Coconut Yogurt	FRESH FRUITS:	
☐ Coconut Ice Cream	☐ Apples	
☐ Milk Alternatives (Coconut,	☐ Bananas	
Almond, Hemp, Rice)	☐ Oranges	
NUTS & SEEDS:	☐ Lemons or Limes	
□ Pecans	☐ Grapefruits	
☐ Almonds	☐ Grapes	
☐ Walnuts	☐ Kiwi	by Me
☐ Hazelnuts	☐ Pears	Ray
☐ Macademia Nuts	☐ Melons	
☐ Cashews	☐ Strawberries or Other Berries	
□ Casnews □ Brazil Nuts	☐ Avocados	
	·	

SH VEGETABLES:

- arrots
- otatoes
- pinach
- reens -Mustard, Collards,
- , Chard
- omaine, Green or Red Leaf
- weet Potatoes or Yams
- omatoes
- nions
- arlic
- roccoli
- elery
- eets
- urnips
- utabaga

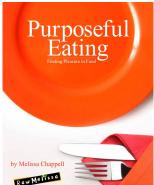
NDIMENTS:

- tone Ground Mustard
- atural Mayonnaise
- atural Salad Dressing
- aturally Sweetened Ketchup
- rganic Tamari
- atural Jams / Jellies
- rganic Peanut Butter
- Imond Butter
- ahini

ATS:

- hocolate Covered Almonds
- atural Cookies
- atural Chocolate Bars
 - atural Macaroons :)
- ngredients for Making Your
- n Treats

list is excerpted from:



- ☐ Brazil Nuts
- ☐ Sesame Seeds (Black or White)