

Beanalicious Living

Shopping List

Vegetables

- Lettuce *
- Kale
- Spinach *
- Bok Choy
- Chard
- Collard greens
- Carrots
- Red cabbage
- Green cabbage
- Zucchini
- Broccoli
- Cauliflower
- Eggplant
- Red peppers *
- Green peppers *
- Celery *
- Fennel
- Green onion
- Yellow onion
- Red onion
- Tomato
- Avocado
- Green beans
- Snow peas
- Portabella mushrooms
- Shitake mushrooms
- Brown mushrooms
- Yams (sweet potato) *
- Red potatoes *
- White potatoes *
- Butternut Squash
- Rutabaga
- Beets
- Parsnip
- Alfalfa sprouts
- Mung bean sprouts
- _____

Fresh Herbs

- Fresh ginger root
- Fresh garlic
- Fennel
- Cilantro
- Garlic
- Mint
- Parsley
- Green onions
- Shallots
- Basil *
- _____

Fruit

- Oranges
- Kiwi
- Apples*
- Peaches *

- Plums
- Nectarines *
- Bananas
- Pears *
- Lemons
- Limes
- Strawberries*
- Grapes*
- Melon
- Cherries *
- Blueberries *
- Raspberries *
- Pineapple
- Mango
- _____

Beanery

- Adzuki beans
- Black Beans
- Black eyed peas
- Cannellini beans
- Garbanzo Beans
- Kidney beans
- Mung Beans
- Pinto Beans
- White (navy) beans
- Green/brown lentils
- French/black
- Red lentils
- Whole green peas
- _____

Rice and Grains

- Steel cut oats
- Whole wheat couscous
- Quinoa
- Kamut
- Barley
- Farro
- Forbidden black rice
- Brown Rice
- Wild rice
- Wheat berries
- _____

Nuts, Oils and Butters

- Coconut oil
- Olive oil
- Walnut oil
- Sesame oil
- High heat grapeseed oil
- Peanut butter
- Almond butter
- Tahini (sesame butter)
- Almonds (slivered, raw, roasted)

- Walnuts (raw, roasted)
- Cashews (raw, roasted)
- Pecans (raw, roasted)
- Peanuts (raw, roasted)
- Sunflower seeds (raw, roasted)
- Pumpkin seeds (raw, roasted)
- Sesame seeds
- _____

Refrigerated

- Rice milk
- Almond milk
- Yellow miso *
- Red miso *
- Brown miso *
- Tempeh
- Sprouted tofu *
- Coconut or almond yogurt
- Parmesan cheese
- Daiya Cheese
- _____

Drinks

- Green tea
- Herbal tea:
- Chai
- Mate
- Coffee
- Almond milk
- Rice milk
- Sparkling water
- Orange juice
- _____

Frozen Foods

- Whole grain waffles
- Edamame *
- Green beans
- Peas and carrots
- Corn*
- Raspberries *
- Blueberries *
- Pineapple
- Mango
- Sorbet
- Dairy free dessert
- _____

Baking

- Wheat flour
- Brown rice flour
- Almond flour
- Buckwheat flour
- Flax seeds
- Chocolate chips
- Vanilla Extract

- Almond extract
- Baking powder
- Baking soda
- _____

Baked Goods

- Whole grain bread
- Whole grain pita bread
- Whole grain tortillas
- Brown rice tortillas
- Whole grain crackers
- Whole grain bagels
- _____

Pantry

- Bragg's Liquid Amino Acids
- Tamari
- Asian Fish sauce
- Rice vinegar
- Balsamic Vinegar
- Marinara sauce
- Jarred or BPA-free canned tomato sauce
- Jarred salsa
- Whole grain pasta
- Rice noodles
- Kalamata olives
- _____

Sweeteners

- Brown sugar
- Dates
- Honey
- Maple syrup
- Stevia
- Xylitol
- _____

Condiments

- Salt
- Vegetable or 'Mock Chicken' Bouillon
- Ketchup
- Capers
- Wasabi
- Crushed ginger
- Mustard
- Horseradish
- Thai curry paste
- _____

Snacks

- Rice cakes
- Granola
- Whole grain pretzels
- Whole grain snack crackers

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- Baked vegetable snack chips
- Trail mix
- Dry roasted or raw, unsalted peanuts
- Dried apples
- Apple sauce
- _____

Spices

- Bay leaf (increases digestibility of beans during cooking)
- Espazote
- Kombu (see above)
- Cinnamon
- Whole peppercorns in a grinder
- Whole coriander seeds
- Powdered garlic
- Ground ginger root
- Ground cinnamon
- Ground cumin
- Ground coriander
- Ground curry
- Ground turmeric
- Dried Italian seasoning blend (oregano, parsley, basil)
- Dried dill
- Chipotle powder
- Nutritional yeast
- _____

Supplements

(Optional)

- Vitamin B12
- Vitamin D3
- Omega 3
- Flax Seed Oil
- Omega 3 supplements
- Spirulina or Chlorella
- Chia Seeds
- Hemp Seeds
- Probiotic tablets
- Turmeric