

Shopping List

Elizabeth Borelli's Beanalicious Living

Vegetables

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

Fresh Herbs

- Fresh ginger root
- Fresh garlic
- Fennel
- Sage
- Oregano

- Cilantro
- Garlic
- Mint
- Parsley
- Green onions
- Shallots
- Basil *
- _____

Fruit

- Oranges
- Apples*
- Pears *
- Bananas
- Lemons
- Limes
- Peaches *
- Plums
- Nectarines *
- Grapefruit
- Strawberries*
- Grapes*
- Melon
- Cherries *
- Blueberries *
- Raspberries *
- Pineapple
- Kiwi
- Mango
- Coconut
- _____
- _____

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 lentils
- Red lentils
- Whole green peas
- _____

Rice and Grains

- Steel cut oats
- Whole wheat couscous
- Quinoa
- Kamut
- Unhulled 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 *
- Pesto Sauce*
- _____
- _____

Drinks

- Green tea
- Herbal
tea _____
- Chai
- Mate
- Coffee
- Almond milk
(carrageenan-free)
- Rice milk (carrageenan-
free)
- Sparkling water
- 100% fresh squeezed
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
- Whole grain baking
mix
- Flax seeds

