

# Shopping List

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**Vegetables & Fruits**

Red \_\_\_\_\_

Orange \_\_\_\_\_

Yellow \_\_\_\_\_

Green \_\_\_\_\_

Blue \_\_\_\_\_

Purple \_\_\_\_\_

Tan/Brown \_\_\_\_\_

**Nuts** \_\_\_\_\_

**Seeds** \_\_\_\_\_

**Beans/Legumes** \_\_\_\_\_

**Plant-based fats** (avocado, olive, coconut)

\_\_\_\_\_

**Plant-based proteins** (nuts, seeds, beans, legumes, soy, quinoa)

\_\_\_\_\_

**Spices** \_\_\_\_\_

**Herbal teas** \_\_\_\_\_

**Prebiotics** \_\_\_\_\_

**Probiotics** \_\_\_\_\_

**Healthier Sugars** (honey, organic stevia leaf, maple syrup, etc.)

\_\_\_\_\_

**Other** \_\_\_\_\_

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\_\_\_\_\_

