

Sugar Free Grocery List

Produce

- Apples, Oranges, Grapefruit, Kiwi, Lemons, Limes, Strawberries
 - Arugula, Spinach, Kale, Cucumber, Onions, Red Peppers, Green Onions, Cilantro, Avocado, Carrots, Beets, Zucchini, Asparagus, Cherry Tomatoes, Broccoli, Cauliflower, Mushrooms, Sugar Snap Peas, Purple Cabbage, Garlic, Ginger, Sweet Potatoes, Yukon Gold Potatoes, Parsley
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Freezer

- Edamame Beans, Frozen Berry Mix
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Pantry

- Full Fat Coconut Milk, Quinoa, Chickpeas (2-3 cans), Coconut Oil, Soba Noodles, Brown Rice, Sesame Oil, Peanut Butter (or Almond Butter), Seasoned Rice Vinegar, Dried Red Lentils, Vegetable Broth, Apple Cider Vinegar, Black Beans (2 cans), 1 can Navy beans, Corn (1 can), Almonds, Steelcut Oats, Regular Large Flake Oats, Chia, Hemp Hearts, Pumpkin Seeds, Nutritional Yeast (optional), Corn Tortillas, Rice Paper Wraps, Flax
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Fridge

- Unsweetened Almond Milk (or any unsweetened milk of your liking), Coconut Yogurt (or plain greek yogurt)
 - Optional: Chicken, Eggs, Lean Ground Turkey, White Fish
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Spices

- Cinnamon, Curry, Cumin, Red Pepper Flakes
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Extras

- Unsweetened Protein Powder, Coconut Water, Cleanse Tea (I like Cleanse by Pukka), Tapioca Starch (if you are planning on making the muffins),