

# Emerge and Bloom

## Healthy Grocery Shopping List

Oils, Condiments + Extras	Grains	Fruits	
<input type="checkbox"/> Extra virgin olive oil	<input type="checkbox"/> Beans	<input type="checkbox"/> Strawberries	
<input type="checkbox"/> Balsamic vinegar	<input type="checkbox"/> Chickpeas	<input type="checkbox"/> Blueberries	
<input type="checkbox"/> Coconut Oil	<input type="checkbox"/> Lentils	<input type="checkbox"/> Blackberries	
<input type="checkbox"/> Fresh garlic	<input type="checkbox"/> Couscous	<input type="checkbox"/> Raspberries	
<input type="checkbox"/> Fresh ginger	<input type="checkbox"/> Quinoa	<input type="checkbox"/> Apples	
<input type="checkbox"/> Cinnamon	<input type="checkbox"/> Rice	<input type="checkbox"/> Bananas	
<input type="checkbox"/> Raw honey	<input type="checkbox"/> Gluten-free pasta	<input type="checkbox"/> Grapes	
<input type="checkbox"/> Coconut sugar	<input type="checkbox"/> Corn tortilla	<input type="checkbox"/> Oranges	
<input type="checkbox"/> Fresh herbs	<input type="checkbox"/> Cornmeal (Polenta)	<input type="checkbox"/> Pears	
<b>Meat + Seafood</b>		<input type="checkbox"/> Mango	
<input type="checkbox"/> Free-range chicken breast	<b>Veggies + Leafy Greens</b>		
<input type="checkbox"/> Grass fed, lean red meat	<input type="checkbox"/> Tomatoes	<input type="checkbox"/> Dried prunes	
<input type="checkbox"/> Free-range eggs	<input type="checkbox"/> Olives	<input type="checkbox"/> Lemons	
<input type="checkbox"/> Wild Salmon	<input type="checkbox"/> Onion	<input type="checkbox"/> Melons	
<input type="checkbox"/> Tuna	<input type="checkbox"/> Mushrooms	<input type="checkbox"/> Plums	
<input type="checkbox"/> Shrimp	<input type="checkbox"/> Avocado	<input type="checkbox"/> Peaches	
<input type="checkbox"/> Fresh fish	<input type="checkbox"/> Spinach	<b>Delicious Extras + Treats</b>	
<b>Nuts + Seeds</b>		<input type="checkbox"/> Dark chocolate	
<input type="checkbox"/> Almonds	<input type="checkbox"/> Romaine lettuce	<input type="checkbox"/> Natural peanut butter	
<input type="checkbox"/> Pecans	<input type="checkbox"/> Carrots	<input type="checkbox"/> Shredded coconut	
<input type="checkbox"/> Walnuts	<input type="checkbox"/> Eggplant	<input type="checkbox"/> Hummus	
<input type="checkbox"/> Pistachios	<input type="checkbox"/> Arugula	<b>Dairy</b>	
<input type="checkbox"/> Peanuts	<input type="checkbox"/> Potatoes	<input type="checkbox"/> Plain yogurt	
<input type="checkbox"/> Macadamias	<input type="checkbox"/> Sweet Potatoes	<input type="checkbox"/> Feta cheese	
<input type="checkbox"/> Sunflower seeds	<input type="checkbox"/> Pumpkin	<input type="checkbox"/> Mozzarella	
<input type="checkbox"/> Pumpkin seeds	<input type="checkbox"/> Kale	<input type="checkbox"/> Parmesan	
<input type="checkbox"/> Flax seeds (grounded)	<input type="checkbox"/> Asparagus	<input type="checkbox"/> Ricotta	
<input type="checkbox"/> Chia seeds	<input type="checkbox"/> Zucchini	<input type="checkbox"/> Goat cheese	
<b>Drinks</b>		<input type="checkbox"/> Almond milk	
<input type="checkbox"/> Fresh lemons for lemonade	<input type="checkbox"/> Broccoli	<input type="checkbox"/> Kefir	
<input type="checkbox"/> Fresh oranges for juice	<input type="checkbox"/> Bell peppers	<b>Other</b>	
<input type="checkbox"/> Green tea	<input type="checkbox"/> Cabbage	<input type="checkbox"/>	
<input type="checkbox"/> Coconut water	<input type="checkbox"/> Celery	<input type="checkbox"/>	
<input type="checkbox"/> Spring or distilled water	<input type="checkbox"/> Cucumbers	<input type="checkbox"/>	
<input type="checkbox"/> Red wine	<input type="checkbox"/> Peas	<input type="checkbox"/>	
	<input type="checkbox"/> Beets	<input type="checkbox"/>	
	<input type="checkbox"/> Cauliflower	<input type="checkbox"/>	

"If you keep good food in your fridge, you will eat good food"

-Erick McAdams