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# Grocery List

Simplify Shopping by Choosing Nutrient Dense Foods

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## WEEKLY

AVOCADOS	<ul style="list-style-type: none"><li>- try to buy a variety of ripeness levels so they last you a while</li></ul>
BANANAS	<ul style="list-style-type: none"><li>- fair-trade and organic when possible</li></ul>
EGGS	<ul style="list-style-type: none"><li>- organic, naturally-raised when possible</li></ul>
FRUIT	<ul style="list-style-type: none"><li>- choose local and seasonal when possible</li><li>- <b>organic:</b> apples, strawberries, grapes, peaches, nectarines, berries</li><li>- <b>conventional:</b> pineapple, mangoes, kiwi, grapefruit, melon, bananas, oranges</li></ul>
LEAFY GREENS	<ul style="list-style-type: none"><li>- <b>organic:</b> spinach, kale, collards</li><li>- <b>conventional:</b> cabbage</li></ul>
VEGETABLES	<ul style="list-style-type: none"><li>- <b>organic:</b> tomatoes, bell peppers, mushrooms, snap peas, green beans</li><li>- choose local and seasonal when possible</li></ul>

## BI-WEEKLY

GARLIC	<ul style="list-style-type: none"><li>- organic when possible</li></ul>
HEARTY GREENS	<ul style="list-style-type: none"><li>- <b>organic:</b> broccoli, cucumber</li><li>- <b>conventional:</b> cauliflower, asparagus</li></ul>
LIMES & LEMONS	<ul style="list-style-type: none"><li>- choose organic if using the zest</li><li>- conventional is a fine option otherwise</li></ul>
ONIONS	<ul style="list-style-type: none"><li>- cooking, red, green, shallots (variety)</li><li>- conventional is a fine option</li></ul>
PLANTAINS	<ul style="list-style-type: none"><li>- buy various stages of ripeness</li></ul>
ROOT VEGETABLES	<ul style="list-style-type: none"><li>- <b>organic:</b> potatoes</li><li>- <b>conventional:</b> sweet potatoes, beets, carrots, turnip, rutabaga</li><li>- store in a cool dry place</li></ul>

