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# WHOLE FOOD DIET

## Shopping List

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### Fruits

- Apples
- Bananas
- Oranges
- Berries  
(strawberries,  
blueberries,  
raspberries)
- Grapes
- Pineapple
- Kiwi
- Watermelon

### Vegetables

- Broccoli
- Spinach
- Kale
- Carrots
- Bell peppers

### Nuts and Seeds

- Almonds
- Walnuts
- Chia seeds
- Flaxseeds

### Whole Grains

- Quinoa
- Brown rice
- Oats
- Barley

### Healthy fats

- Avocado
- Olive oil
- Coconut oil
- Almond butter

### Grains

- Oatmeal
- Brown rice
- Quinoa

### Legumes

- Black beans
- Chickpeas
- Lentils
- Kidney beans
- Green peas
- Soybeans  
(edamame)
- Pinto beans
- Split peas



SHOP FASTER. MAKE LISTS IN THE LISTONIC APP

