

# WHOLE FOODS GROCERY LIST

Print, Add, and Take!

## Fruits

- Apples
- Apricots
- Bananas
- Berries
- Cherries
- Grapes
- Kiwi
- Mangoes
- Melons
- Papayas
- Pineapple
- Plums

## Greens

- Arugula
- Bok choy
- Chards
- Cilantro
- Collards
- Kale
- Lettuces
- Parsley
- Spinach

## Grains

- Amaranth
- Barley
- Brown rice
- Bulgur
- Farro
- Millet
- Quinoa
- Sorghum
- Steel cut oats
- Rolled oats
- Teff
- Wheat berries
- Whole wheat
- Wild rice

## Vegetables

- Asparagus
- Brussels sprouts
- Cauliflower
- Celery
- Mushrooms
- Peppers
- Sea vegetables
- Squash
- Tomatoes
- Zucchini

## Roots

- Beets
- Carrots
- Daikon
- Garlic
- Ginger
- Leeks
- Onions
- Potatoes
- Radishes
- Turnips

## Legumes

- Adzuki beans
- Black beans
- Black-eyed peas
- Chickpeas
- Fava beans
- Green beans
- Kidney beans
- Lentils
- Lima beans
- Mung beans
- Peas
- Pinto beans
- Soybeans

Source <https://nutritionstudies.org/whole-food-plant-based-diet-guide/>

For More Information [www.mededmaterials.org](http://www.mededmaterials.org)

Disclaimer: Med Ed Materials, 2023. This information is intended to supplement, not contradict, the medical advice of your practitioner.

For questions or more info, contact your practitioner.

