

Daisybeet Weekly Shopping List for One

Fruit (Pick 3-4)

- Bananas
- Apples
- Berries
- Kiwi
- Watermelon
- Pears

Grains (Have on hand)

- Quinoa
- Brown Rice
- Barley
- Oats
- Farro

Proteins (Pick 2-3)

- Eggs
- Salmon
- Shrimp
- Tofu
- Tempeh
- Lentils

Fresh Herbs (Pick 1)

- Basil
- Scallions
- Cilantro

Greens (Pick 2)

- Kale
- Romaine hearts
- Spring mix
- Spinach
- Arugula

Raw Veggies (Pick 2-3)

- Cucumber
- Bell pepper
- Radishes
- Carrots
- Sprouts
- Tomatoes
- Snap peas

Roasting/Cooking Veggies (Pick 2)

- Brussels sprouts
- Broccoli
- Cauliflower
- Asparagus
- Mushrooms
- Sweet potatoes
- Beets

Always have on hand: avocados, oats, olive oil, vinegar, mustard, lemons, nut butter, nuts and seeds, garlic and onion, spices