

# Shopping List

## Spices & Herbs:

Allspice  
Anise Pods  
Anise Powder  
Black Pepper, Ground  
Cajun Spice  
Cardamom Pods  
Cardamom, Ground  
Cayenne Pepper  
Chili Lime Salt  
Chipotle Chili Powder  
Ceylon Cinnamon  
Cinnamon, Sticks  
Curry Powder, Ground  
Everything Bagel Seasoning  
Fajita Seasoning  
Garam Masala  
Garlic and Herbs Seasoning  
Garlic Powder  
Ginger Powder  
Greek Seasoning  
Herbs de Provence  
Himalayan Pink Salt, Coarse  
Himalayan Pink Salt, Fine  
Italian Seasoning  
Jamaican Jerk Seasoning  
Lemon Pepper  
Mediterranean Seafood Rub  
Onion Granules, minced  
Onion Powder  
Pickling Spice  
Pizza Seasoning  
Poppy Seed, Blue  
Poultry Seasoning  
Pumpkin Pie Spice  
Red Crushed Chili Flakes  
Roasted Pork Rub  
Savory Beef Rub  
Smoked Paprika  
Sriracha Sea Salt  
Taco Seasoning  
Thai Seasoning  
Turmeric  
Whole Peppercorns

## Tea:

Butterfly Pea Flower Limeade  
Chamomile Tea

Chocolate Chai  
Cinnamon Plum Tea  
Classic Chai  
Detox Tea  
Earl Grey Lavender  
Elderberry Healer Tea  
English Breakfast  
Gunpowder Green Tea  
Hibiscus Heaven Tea  
Hibiscus Tea  
Lavender Mint  
Lazy Daze Tea  
Lemon Ginger Tea  
Mad Hatter Tea  
Matcha Culinary Grade  
Matcha Ceremonial Grade  
Matcha Ginger Buzz  
Memory Tea  
Moroccan Mint Tea  
Mushroom Hero  
Patagonia Wild Guava Tea  
Peppermint Rooibos  
Razzlemint Tea  
Rooibos Chai Tea  
Sencha Leaf Tea  
Sniffle Tea  
Turmeric Chai Tea  
Turmeric Ginger Tea  
Vanilla Bean Tea  
Vanilla Mint Chai  
Yerba Mate

## Coffee:

Wipeout Coffee Light Roast  
Wipeout Coffee Med Roast  
Peerless Coffee Dark Roast  
Peerless Coffee French Roast

## Superfoods:

Acai Powder  
Ashwaganda Powder  
Bee Pollen  
Beet Juice Powder  
Cacao Nibs  
Cacao Powder  
Camu Camu  
Chia Seeds  
Chlorella Powder

Coconut Milk Powder  
Coconut Water Powder  
Elderberry Powder  
Goji Berries  
Ground Flaxseeds  
Hemp Seeds  
Lion's Mane 4:1 Extract  
Maca Powder  
MCT Oil Powder  
Moringa Powder  
Pea Protein Powder  
Pitaya Powder  
Spirulina - Blue  
Spirulina - Green

## Nuts & Seeds:

Almonds, raw  
Almonds, sliced  
Almonds, tamari  
Brazil nut  
Cashews, raw  
Cashews, pieces  
Cashews, roasted & salted  
Flax Seeds  
Hazelnuts, raw  
Hazelnuts, roasted  
Macadamia Nuts  
Mixed Nuts, Roasted  
Pecans  
Pine Nuts  
Pistachios, shelled  
Pistachios, split shells  
Pumpkin Seeds, Heirloom  
Pumpkin Seeds, Raw  
Sesame Seeds  
Sriracha Cashews  
Sunflower Seeds  
Walnuts

## Beans & Legumes

Black Beans  
Black-eyed Pea  
Garbanzo Beans  
Great Northern Beans  
Kidney Beans  
Lentils, black  
Lentils, red  
Mung Bean

Pinto Beans  
Soup Mix, 13 Bean Fiesta  
Split Peas, Green  
Split Peas, Yellow

## Rice & Grains

Amaranth  
Buckwheat Groats  
Cous Cous  
Farro  
Millet  
Oats, Gluten-Free  
Oats, Rolled,  
Oats, Steel Cut  
Oats, Quick Cook  
Orzo  
Pearl Cous Cous  
Polenta  
Puffed Quinoa  
Quinoa, white.  
Quinoa, multicolor  
Rice, Brown Basmati  
Rice, Sushi  
Rice, White Jasmine  
Wheat Berries  
Wild Rice Blend

## Pasta:

Brown rice spaghetti  
Brown rice elbows  
Quinoa spaghetti  
Quinoa fusilli  
Small Elbow Pasta, Semolina  
Soba noodles  
Udon noodles

## Flour:

All Purpose Flour - Wheat  
All Purpose Flour - White  
Almond Flour  
Buckwheat flour  
Cassava Flour  
Coconut Flour  
Garbanzo Flour  
Oat Flour  
Rice flour  
Turmeric Chia falafel mix

# Shopping List

## Sugar:

Cane Sugar  
Coconut sugar  
Date sugar  
Powdered sugar  
Turbinado sugar  
Monk fruit  
Stevia

## Dried Fruit:

Deglet Noor Dates  
Dried Apricots  
Dried Blueberries  
Dried Cranberries  
Dried Mango  
Dried Tomatoes  
Dried Persimmons  
Goji Berries  
Mulberries  
Raisins  
Mission Figs  
Medjool Dates

## Snacks:

Banana Chip  
Chile Plantain Chips  
Churro Plantain Chips  
Seasalt Plantain Chips  
Coconut Chips, Toasted  
Coffee Almond Coco Chews  
Date Coconut Rolls  
Greek Yogurt Raisins  
Hatch Chili Pretzels  
Peanut Butter Pretzels  
Pretzels Twists  
Mixed Nuts, Roasted  
Trail Mix, chocolate tropical  
Trail Mix, Oregon trail  
Trail Mix, pacific coast  
Trail Mix, Paleo Blend

## Mylks:

Almond Mylk concentrate  
Cashew Mylk powder  
Cashew Mylk concentrate  
Oat Mylk powder

## Sweets:

Carob chips  
Dark Chocolate Almond  
Butter Malt Balls  
Dark Chocolate Cashews  
Dark Chocolate Chips,  
Allergen Free  
Dark Chocolate Covered Goji  
Berries  
Dark Chocolate Covered  
Pretzels  
Dark Chocolate Covered  
Raisins  
Dark Chocolate Espresso  
Beans  
Dark Chocolate Covered  
Almonds  
Dark Chocolate Covered  
Cherries  
Keto Chocolate Almonds  
Milk Chocolate Chips  
Milk Chocolate Freeze-Dried  
Strawberries  
Mini Milk Chocolate PB  
Cups  
Rainbow chocolate drops  
Vegan Jelly Beans  
White Chocolate Chunks  
Yogurt Covered Pretzels

## Cereal/Granola:

Cinnamon Grainless Granola  
Gluten-Free Dark Chocolate  
Coffee Bean Granola  
Keto Granola  
Turmeric Goji Granola  
Nuts & Seeds Galore Granola  
Nutt Free Granola  
Muesli, Hawaiian  
Unsweetened gRawnola  
Unicorn gRawnola  
Nature's Path Vanilla Granola

## Protein:

Hemp Protein powder  
Pea Protein powder  
Whey Protein powder

## Pancake Mix:

Pancake Mix, multigrain  
Pancake Mix, gluten-free  
Pancake Mix, plant-based  
Pancake Mix, buttermilk

## Pets:

Bacon dog bones  
Peanut butter dog bones

## Fresh Produce:

Apples, Fuji  
Broccoli  
Beets  
Russet Potato  
Sweet potato, purple  
Sweet potato, white  
Purple onion  
White onion  
Seasonal items!

## Refrigerator:

Cashew nut cheeze  
Raw energy bites  
Superfood protein bars  
Vegan salad dressing  
Vegan pesto  
Traditional pesto

## Zero Waste Kitchen

Coconut sponges  
Coconut scour pads  
Coconut bottle cleaners  
Bamboo chopsticks  
Bamboo pot scrub  
Bamboo Dish Scrub Brushes  
Bamboo Dish Scrubber  
Coconut Vegetable Brush  
Bamboo Scoops  
Bamboo Soap Dish  
Bamboo Spice Pot  
Bamboo Straws  
Bamboo Tea Strainer  
Bulk Bag Starter Set  
Beeswax Food Wrap  
Camp Cocktail

Dish Soap Block  
Wood food clips  
Plantable Wildflower Cards  
Mesh Produce Bags  
Canvas produce bags  
Steel reusable coffee filter  
Recycled bag coasters  
Fabric Bowl Covers  
Food Saver Sheet - Bread  
Food Saver Sheet - Cheese  
Food Saver Sheet - Produce  
For Good Compostable Cling  
Wrap  
For Good Food Scrap Bag - 3  
Gallon  
Geo Cookie Jar with Bamboo  
Lid  
Glass Mug with Bamboo Lid  
Glass Straw  
Mesh Tea Infuser  
Honey glass jar  
Reusable glass milk bottle  
Reusable cloth napkins  
Microplastic free sponges