

The Destined Kitchen - Grocery List

Produce

- Apples
- Bananas
- Berries
- Spinach
- Cucumber
- Carrots
- Celery
- Avocados
- Tomatoes
- Bell Peppers
- Onions
- Cherry Tomatoes
- Lemons

Refrigerated

- Unsweetened almond milk
- Coconut yogurt
- Tofu
- Edamame
- Low-sodium hummus

Pantry

- Chia seeds
- Ground flaxseed
- Steel-cut oats
- Almond butter
- Peanut butter
- Unsalted nuts
- Pumpkin seeds
- Sunflower seeds

- Popcorn kernels
- Black beans
- Chickpeas
- Sprouted bread
- Whole grain wraps

Spices & Condiments

- Turmeric
- Garlic powder
- Cumin
- Cinnamon
- Paprika
- Nutritional yeast
- Coconut aminos

Optional

- Hemp seeds
- Plant-based protein powder
- Low-sodium olives