



FLOURISHING KITCHEN

# EASY RAW FOOD SHOPPING LIST

[www.flourishingkitchen.com](http://www.flourishingkitchen.com)

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### FRUITS

Apple, Apricot  
Avocado  
Banana, Blackberry  
Blueberry  
Coconut, Cherry  
Cranberry  
Dates, Figs  
Grapes, Kiwi  
Lemon, Lime  
Lychee, Mango  
Melon, Nectarine  
Orange, Papaya  
Passion Fruit  
Peach, Pear  
Pineapple, Plum  
Pomegranate, Quince  
Raspberry  
Redcurrant  
Satsuma  
Strawberry  
Tangerine  
Watermelon

### LEAFY GREENS

Arugula (Rocket)  
Bok Choy  
Cavolo Nero  
Beet Greens, Chard  
Choi Sum, Kale, Lettuce  
Spinach, Spring Greens  
Watercress

### VEGETABLES

Artichoke  
Asparagus  
Aubergine  
Beetroot  
Brussel Sprouts  
Broccoli  
Cabbage

Cauliflower  
Carrot, Celery  
Celeriac, Chicory, Chilli  
Corn (Sweetcorn)  
Courgette, Cucumber  
Endive, Fennel  
Garden Peas  
Green Bean  
French Bean  
Lettuce, Leek  
Marrow, Mushroom  
Olives, Onion  
Parsnip  
Peppers (Bell), Pumpkin  
Radish, Rhubarb  
Runner Bean  
Snow Pea,  
Sweet Potato  
Squash Turnip

### SPICES

Garlic, Ginger  
Cumin, Coriander  
Chili, Paprika  
Lemongrass  
Turmeric, Tamarind

### GRAINS

Buckwheat, Oats

### SEA VEGGIES

Arame, Dulse, Kelp,  
Nori, Wakame

### SPROUTS

Alfalfa, Broccoli  
Sunflower, Chickpea Mung  
Beans, Lentils  
Quinoa

### HERBS

Basil, Mint, Parsley  
Coriander, Mint, Cress  
Horseradish, Oregano  
Rosemary, Tarragon  
Sage, Thyme, Bay Leaves  
Samphire  
Chives, Dill, Lime Leaves

### NUTS

Almonds, Brazil,  
Cashew Coconut  
Hazelnut, Macadamia  
Peanut, Pine nut Pistachio  
Walnut

### SEEDS

Aniseed, Caraway  
Celery, Chia  
Dill, Fennel, Flax  
Hemp Hearts, Poppy  
Pumpkin, Sesame  
Sunflower  
Buckwheat Groats

### LEGUMES

Lentils - brown  
Lentils - green, red  
Lentils - puy  
Chickpeas