

Shopping List: Fruits

- blueberries and other dark berries
- goji berries
- grapes
- mangoes
- melons (cantaloupe, honeydew)
- papayas
- pineapples
- pomegranates
- prunes
- tomatoes (yes, technically, they're a fruit)
- watermelon

Shopping List: Vegetables

- avocados
- beets
- carrots
- dark leafy greens like spinach
- kale, dragon kale
- pumpkin
- purple cabbage
- red bell peppers
- seaweed
- sweet potatoes
- Swiss chard, rainbow chard

Shopping List: Protein

- beans (black beans, kidney beans, navy beans, etc.)
- pistachios
- salmon
- shrimp and shellfish
- sunflower seeds
- tahini
- walnuts