



---

# Alkaline Diet Shopping List

---



## Vegetables

- Kale
- Spinach
- Broccoli
- Cucumber
- Bell peppers
- Celery
- Zucchini
- Asparagus
- Brussels sprouts
- Cauliflower
- Carrots
- Green beans

## Herbs and Spice

- Turmeric
- Ginger
- Cumin
- Coriander
- Basil
- Oregano
- Parsley
- Thyme

## Grains and Legumes

- Quinoa
- Lentils
- Chickpeas
- Brown rice
- Amaranth
- Buckwheat
- Millet

## Nuts and Seeds

- Almonds
- Walnuts
- Flaxseeds
- Chia seeds
- Sesame seeds
- Pumpkin seeds
- Sunflower seeds

## Beverages

- Alkaline water
- Herbal tea (e.g., chamomile, peppermint)

## Fruit

- Lemons
- Limes
- Grapefruits
- Avocados
- Tomatoes
- Apples
- Berries  
(blueberries, strawberries, raspberries)
- Watermelon
- Pineapple
- Papaya
- Mango
- Oranges

## Miscellaneous

- Extra-virgin olive oil
- Coconut oil
- Apple cider vinegar



SHOP FASTER. MAKE LISTS IN THE LISTONIC APP

