



Raw Food Diet Shopping List



Vegetables

- Leafy greens (spinach, kale, lettuce)
- Carrots
- Cucumbers
- Bell peppers
- Tomatoes
- Celery
- Broccoli
- Cauliflower
- Zucchini
- Radishes
- Asparagus
- Beetroot

Spices and Condiments

- Herbs (like basil, cilantro, thyme)
- Cocoa powder
- Himalayan salt
- Cayenne
- Cinnamon
- Curry powder
- Cumin

Nuts and Seeds

- Almonds
- Walnuts
- Cashews
- Pistachios
- Sunflower seeds
- Pumpkin seeds
- Chia seeds
- Flaxseeds
- Sesame seeds
- Hemp seeds

Legumes

- Broccoli sprouts
- Lentil sprouts
- Mung bean sprouts
- Adzuki bean sprouts
- Quinoa sprouts
- Sunflower sprouts
- Buckwheat sprouts
- Sprouted chickpeas
- Sprouted green peas

Fruit

- Apples
- Bananas
- Oranges
- Berries (strawberries, blueberries, raspberries)
- Pineapple
- Mango
- Watermelon
- Grapes
- Kiwi
- Pears
- Papaya
- Pomegranate

Oil and Fat

- Avocado
- Raw coconut oil
- Raw almond butter
- Raw cashew butter
- Raw sesame oil



SHOP FASTER. MAKE LISTS IN THE LISTONIC APP

