

Grocery List

Cherryholmes Nutrition LLC.

PRODUCE

- Romain Lettuce
- Cucumber
- Cherry Tomatoes
- Zucchini
- Yellow Squash
- Broccoli
- Cauliflower
- Carrots
- Brussel Sprouts
- Green Beans
- Bell Peppers
- Jalapenos
- Green Onion
- Red Onion
- Sweet Potatoes
- Mini Potatoes
- Avocado
- Raspberries
- Blueberries
- Strawberries
- Mango
- Apples
- Bananas
- Melon
- Lemons
- Celery
- Kiwi
- Grapes
- Cherries
- Pineapple
- Cantaloupe
- Peas
- Cilantro
- Basil
- Snap Peas
- Parsley
- Dill
- Spinach
- Kale
- Spring Mix

MEAT/FISH/PROTEIN

- Boneless/skinless chicken breast
- 93% (or higher) ground turkey/chicken
- Turkey Loin
- Pork Loin
- 90% (or higher) ground beef
- Salmon
- Tuna (fresh or packed in water)
- Shrimp
- Crab
- Scallops
- Chicken Sausage
- Turkey Sausage
- Deli Turkey Breast
- Turkey Bacon
- Deli Ham
- Tofu
- Tempeh
- Jack Fruit
- Meat Substitute (Beyond meant/Impossible meat etc.)

DAIRY

- Skim/1% Milk
- Almond Milk
- Oat Milk
- Soy Milk
- Almond Creamer
- Greek Yogurt
- Light Sour Cream
- Neufchatel Cheese
- Reduced Fat Mexican Blend Cheese
- Fresh Mozzarella
- Swiss Cheese
- Feta Cheese
- Eggs
- String Cheese
- Shredded Mozzarella
- Sliced Cheddar
- Margarine (Tub)

GRAINS/PANTRY

- Whole Wheat Bread
- Whole Wheat Tortillas
- Brown Rice
- Whole Wheat Crackers
- Whole Wheat Pasta
- Farro
- Oatmeal
- Naan Bread
- Quinoa
- Whole Wheat Bagels
- Whole Wheat English Muffins
- Black Beans
- Garbanzo Beans
- Navy Beans
- Lentils
- Natural Peanut Butter
- Pretzels
- Triscuits
- Dried Mango
- Dried Cherries
- Almonds

MISCELLANEOUS

- Olive Oil
- Soy Sauce
- Teriyaki
- Mustard
- Ketchup
- Dijon Mustard
- Mayonaise
- Sriracha
- Taco Sauce
- Chipotle Aioli
- Tzatziki
- Hummus
- Everything Bagel Seasoning
- Balsamic Glaze
- Rice Vinegar
- Pasta Sauce
- Pesto
- Ranch
- Honey Mustard
- Barbecue Sauce
- Vegetable Dip
- Minced Garlic
- Sunflower Seeds
- Pumpkin Seeds
- Canola Oil
- Dark Chocolate
- Salad Dressing