

Shopping List

WHOLE FOODS MARKET

601 North Main Street, Providence
(401) 621-5990

RT 2, Cranston
(401) 942-7600

FRUIT - See MT List

- Apples
- Pears
- Bananas
- Coconut
- Grapes
- Tangerines
- Pineapple
- Strawberries
- Berries

VEGETABLES - See MT List

- Carrots
- Celery
- Cauliflower
- Mixed Greens
- Avocado
- Green Beans
- Cucumber
- Mushrooms
- Ginger
- Beans
- Zucchini/Squash
- Sugar Snap Peas
- Garlic
- Onion
- Asparagus
- Cabbage

BULK ITEMS - See MT List

- Almond Butter
- Coconut Flakes
- Raw Almonds
- Raw Pecans
- Raw Walnuts
- Peanut Butter
- Jeweled Dates
- Dried Apricots
- Salted Peanuts

PACKAGED MEAT - See MT List

- Wellshire Farms Beef Dogs
- Kosher Chicken Breast or Thighs
- Kosher Turkey Legs
- Buffalo

MEAT COUNTER - See MT List

NUTRITION ISLE

- Amazing Meal Protein
- Garden of Life - Raw Protein
- Sprouted Rice Protein
- Rainbow Light - Thin Berry
- Gogi Berries
- Raw Cacao
- Mulberries
- Ground Flax Seed
- Shelled Hemp Seed
- Natural Deodorant (Tai Crystal)
- Natural Skin Care
- Natural Hair Care

PASTA / CONDIMENTS / SOUPS

- Cold Press Extra Virgin Coconut Oil
- Olive Oil (Dark Glass)
- Quinoa/Corn Pasta Spirals or Spaghetti
- Quinoa/Rice Pasta Spirals or Spaghetti
- Red Quinoa
- Vegetable Bouillon Cubes
- Sardines

BEANS

- raw fresh
- canned (limit)

CEREAL / CRACKERS / BAKING

- Raw Honey
- Grade B Maple /syrup
- Applesauce
- Steel Cut Oats
- Quinoa Cereal
- Buckwheat Cereal
- Sugar in the Raw
- Manuka Honey
- Bob's Mills Gluten Free Corn Bread Mix
- Bob's Mills Gluten Free Bread

REFRIGERATOR

- Eggs
- Cottage Cheese (full fat)
- Kefir
- Erivan's yogurt
- Fage Greek yogurt (full fat)
- Hummus
- Cream Cheese (full fat)
- Butter (cultured or salted)
- Tempeh
- Sauerkraut
- Cultured Vegetables
- Miso
- Coconut Milk
- Coconut Cream
- Coconut Yogurt
- Goat products

CHIPS / NUT MILKS / TEAS

- Pirate Booty w/Nutritional Yeast
- Popcorn Kernels
- Rice Cakes

FROZEN

- Ezekiel Bread (sesame, bran, original)
- sprouted English Muffins
- sprouted Wraps
- Manna Bread (multi grain)
- Frozen Vegetables
- Frozen Fruit
- Morning Glory Muffins

SPECIALTY

- Olives
- Cured Black Olives
- Mixed Olives
- Feta Cheese
- Raw Cheeses

DELI

- Turkey
- Roast Beef
- Chicken

LAUNDRY/SUPPLIES

- Freezer Bags
- Snack Bags
- Natural Cleaning Products
- Mineral Water

MISCELLANEOUS

- Tecchini (Coffee Substitute)