

# The Food For Fuel Program

## THE SHOPPING LIST

*"Let food be thy medicine and medicine be thy food" ~Hippocrates*

### Spices

- Nutritional Yeast
- Tahini
- Tamari
- Vegetable Broth
- Apple Cider Vinegar
- Rice Vinegar
- Natural Sea Salt
- Cumin
- Curry Powder
- Cinnamon

### Dry Food Goods

- Lentils
- Beans
- Brown Rice
- Oats
- Quinoa
- Sprouted Grain Bread-Ezekiel

### Nuts

- Almonds - Raw
- Cashews - Raw
- Pine Nuts
- Walnuts

### Seeds

- Chia Seeds
- Flaxseeds
- Pumpkin Seeds
- Sunflower Seeds
- Hemp Seeds

### Soy Products

- Tempeh
- Tofu Firm and Soft
- Soy Milk

### Condiments

- Hummus - Oil free
- Mustard - Dijon
- Vinegar - Balsamic
- Vinegar - Red Wine
- Worcestershire Sauce - Vegan
- Barbecue Sauce\*
- Ketchup\*
- Salsa
- Hot Sauce
- Vegan Mayo
- \*No High Fructose Corn Syrup

### Baking Supplies

- Almond Butter
- Almond Flour
- Cocoa - Unsweetened
- Coconut - Shredded
- Ener-G-Replacer
- Maple Syrup Organic
- Milk - Almond
- Milk - Coconut
- Peanut Butter
- Stevia
- Organic Wheat Flour
- Sugar - Vegan Organic

### Canned Goods

- Black Beans\*
- Cannellini Beans\*
- Garbanzo Beans\*
- Kidney Beans\*
- Pinto Beans\*
- Olives
- \*Low Sodium

### Fruit and Vegetables

- Apples
- Arugula
- Bananas
- Berries
- Broccoli
- Carrots
- Celery
- Cucumbers
- Edamame
- Garlic
- Kale
- Lemons
- Limes
- Mango
- Mushrooms
- Onion
- Oranges
- Pineapple
- Romaine
- Spinach
- Tomatoes

