

# Ultimate Grocery List

For Pregnancy and Breastfeeding

## Produce

- Cucumbers
- Carrots\*
- Baby Tomatoes
- Avocado\*
- Broccoli
- Celery
- Bell Pepper\*
- Onions
- Zucchini
- Radishes
- Potatoes\*
- Sweet Potatoes\*
- Greens (Kale, collards, chard)\*
- Cabbage
- Mushrooms
- Strawberries\*
- Bananas\*
- Blueberries\*
- Oranges
- Lemons
- Limes
- \_\_\_\_\_
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## Pantry Items

- Seaweeds/nori\*
- Hemp seeds\*
- Chia seeds\*
- Flax seeds\*
- Apple cider vinegar
- Sea salt
- Coconut Oil\*
- Coconut manna/butter
- Olive or avocado oil
- Dates\*
- Nuts (Almonds, walnuts, sunflower seeds etc.)\*
- Nut butter (almond, peanut, cashew)
- Shredded coconut

- Dried fruit (Raisins, cranberries, cherries, apricots\*, etc)
- Turmeric\*
- Dry Beans (lentils\*, black, red)
- Raw honey
- Maple Syrup
- Blackstrap molasses\*
- GF flour (blend, rice, coconut)
- Dark Chocolate

## Canned

- Whole fat coconut milk
- Wild caught tuna
- Wild caught salmon\*
- Wild caught sardines, oysters, anchovies\*
- Beets
- Black beans
- Quartered artichokes
- Pumpkin
- Organic tomatoes
- Organic tomato paste

## Grains

- Oatmeal\*
- Rice
- Quinoa\*
- Gluten Free Bread or bagels
- Gluten free crackers
- Rice cakes
- Corn tortillas
- Gluten free pasta

## Dairy

- Greek plain yogurt\* (full fat)
- Cheese

- Milk (almond, coconut, etc.)
- Grass Fed Butter\*
- Eggs\*

## Frozen

- Blueberries\*
- Mango\*
- Peaches
- Pineapple\*
- Broccoli\*
- Spinach or Greens\*
- Green beans
- Gluten free waffles

## Meat

- Whole chicken
- Chicken thighs or drumsticks
- Chicken breast
- Ground beef\*
- Beef roast\*
- Liver\*
- Shrimp
- Ground turkey

## Drinks

- Coconut water
- Kombucha\*
- Green tea
- Raspberry Leaf tea
- Nettle tea
- Hibiscus tea

## Other

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*\*Items are considered pregnancy/breastfeeding superfoods - Stock up!*

BirthEatLove.com  
Many Blessings ~