

Pregnancy "Must-Have" Grocery Shopping List

For Juice

- Carrots
- Beets
- Apples
- Ginger
- Romaine

Additional Produce

- Avocados
- Bananas
- Lemons/limes
- Sweet potatoes/yams
- Winter Squashes
- Salad Greens
- Any other fruits and vegetables you love to munch on and for salads!

Grains

- Sprouted-grain breads and bagels (Ezekiel, Alvarado St. Bakery)
- Kamut or spelt rice cakes (Suzie's)
- Puffed Kamut cereal (Arrowhead Mills)
- Quinoa, buckwheat, spelt, or Kamut pasta
- Cereal by Health Valley, Nature's Path, Cascadian Farms, New Morning, or Barbara's Bakery
- Lydia's apple cinnamon granola
- Veggie burger (Sunshine Burgers are the highest quality, non-soy-based veggie burgers we have found!)

Animal Products (if desired)

- Goat Cheese (raw, if you can find it)
- Organic, free-range eggs
- Organic, unsalted butter

Sweeteners, Seasonings, Dips, and Sauces

- Marinara sauce (Paesana, Seeds of Change)
- Raw Honey
- Agave nectar
- Raw almond butter
- Udo's Oil, cold-pressed extra virgin olive or flaxseed oil
- Nut milk (almond, cashew, hemp seed, hazelnut)