

Wu Haus

Grocery List

PRODUCE

*As a general rule of thumb,
choose 5-8 seasonal items*

Radishes (*choose 1*)

- Watermelon
- White / purple daikon
- Regular
- Easter egg

Salad greens (*choose 2-3*)

- Arugula
- Butter lettuce
- Raddichio
- Spinach
- Mizuna
- Avocado
- Broccoli / broccoli
- Celery
- Cauliflower
- Fennel
- Lacinato kale
- Lemons
- Mushrooms (shiitake or cremini)
- Purple cabbage
- Seasonal fruits
- Seasonal veggies
- Zucchini
- _____
- _____
- _____

PROTEIN

- Grass-fed beef / lamb
- Dried or canned beans
- Pasture-raised eggs
- Whole chicken
- _____
- _____
- _____

SEEDS

- Pumpkin
- Sesame
- Sunflower
- _____
- _____

DRIED FRUIT + NUTS

- Coconut
 - Fine shred
 - Toasted and / or untoasted chips
- Cashews
- Hazelnuts
- Pine nuts
- Pistachios
- Walnuts
- Almond Flour
- Nut butter
- Medjool dates
- Plums
- Unsulfured apricots
- _____
- _____
- _____

GRAINS + STARCHES

- Black rice
- Chickpea flour
- GF bread
- GF crackers
- GF pasta / soba noodles
- GF pizza dough (mix)
- Short grain brown rice
- Quinoa
- Fingerling potatoes
- Sweet potatoes / yams
- _____
- _____
- _____

COLD GOODS

- Hummus
- Kimchi
- Kraut
- Nut cheese
- Nut milk
- Yogurt
- _____
- _____
- _____

HERBS + AROMATICS

Herbs (*choose 3*)

- Basil
- Cilantro
- Dill
- Mint
- Parsley
- Rosemary
- Scallions
- Garlic
- Ginger
- Onion
- Shallot
- _____
- _____
- _____

PANTRY

- Extra virgin olive oil
- Avocado oil
- Toasted sesame oil
- Coconut oil
- Rice vinegar
- ACV
- Coconut aminos
- Coconut milk
- Veggie broth / bullion
- Raw honey
- Finishing salt
- Sea salt (for cooking)
- _____
- _____
- _____
- _____

BEVERAGES

- Herbal tea (ginger, liver support, peppermint, turmeric)
- Yerba mate / coffee / caffeinated teas
- _____
- _____