

Fruits and Vegetables Shopping List

NAME

DATE

These are just some suggestions, sorted by color. Feel free to add other fruits and vegetables that you enjoy.

Purple & blue

- Eggplant
- Purple carrots
- Purple peppers
- Purple cauliflower
- Purple asparagus
- Purple cabbage
- Purple kale
- Black cherries
- Black currants (fresh)
- Black grapes
- Black/purple plums
- Blueberries, blackberries, haskap berries

Orange & yellow

- Winter squash varieties
- Yellow zucchini & summer squash
- Pumpkin
- Orange & yellow peppers
- Orange & yellow carrots
- Orange cauliflower
- Yellow-orange beets
- Apricots, peaches, nectarines
- Cantaloupe
- Mangoes
- Oranges
- Papayas
- Pineapple

Red & pink

- Beets
- Red cabbage
- Red onions
- Red leaf lettuce, radicchio
- Red peppers
- Red-skinned radishes
- Tomatoes
- Rhubarb
- Berries such as raspberries, salmonberries, cranberries or lingonberries
- Cherries
- Pink dragonfruit
- Pomegranates
- Red grapefruit
- Red grapes
- Red-skinned apples
- Strawberries
- Watermelon

Green

- Beet greens (the tops of beets)
- Broccoli, broccolini, rapini
- Brussels sprouts
- Fresh herbs (e.g. parsley, basil)
- Green beans, snap peas
- Kale
- Okra
- Spinach
- Any other dark leafy green (e.g. turnip greens, collard greens, Swiss chard, arugula)
- Tomatillos
- Zucchini, cucumber (if you eat the peel)
- Romaine lettuce
- Green peppers
- Asparagus
- Cabbage
- Kiwis

White

- Bean sprouts
- Cauliflower
- Celery
- Daikon radish
- Fennel/anise
- Garlic
- Jicama
- Mushrooms
- Onions, leeks, shallots
- Iceberg lettuce
- White carrots
- Bananas

For an exhaustive list of vegetables check out this infographic: <https://www.precisionnutrition.com/what-should-i-eat-infographic>