

# SMART PLANTS GROCERY LIST

## *Kitchen Staples for Better Brain Performance*

### VEGETABLES

- Green vegetables (spinach, kale, lettuce, arugula, broccoli, sprouts, etc)
- Red/purple vegetables (bell pepper, purple cabbage, radish, beets, etc)
- Yellow/orange vegetables (carrot, yam, squash, bell pepper, etc)
- Aromatics (onions, garlic, ginger, spices)
- Fresh herbs (basil, parsley, cilantro, rosemary, thyme, etc)
- Seasonal specialties (asparagus, cucumber, pumpkin, Brussels sprouts, etc)

### FRUITS

- Berries (any variety, any form)
- Low-sugar staples (avocado, tomato, olives, lemon/lime)
- Everyday staples (banana, apple, orange, mango)
- Seasonal specialties (cherry, watermelon, fig, pomegranate)

### FROZEN

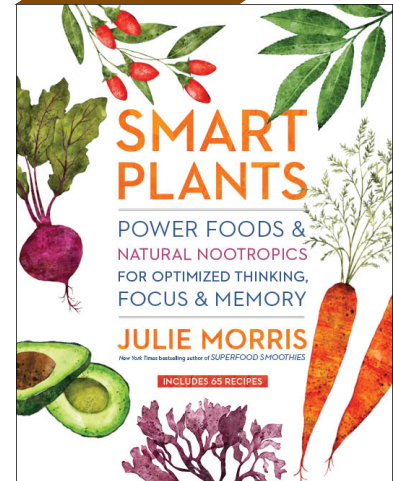
- Fruits for smoothies (berries, mango, banana)
- Vegetables for stir-fries (broccoli, cauliflower, mixed blends – no seasoning added)

### REFRIGERATED

- Unsweetened non-dairy milk (almond, oat, etc)
- Unsweetened non-dairy yogurt (coconut, cashew, etc)
- Miso paste
- Tofu/tempeh
- Fermented vegetables (sauerkraut, kimchi, etc)
- Sprouted grain bread

### DRY INGREDIENTS & PANTRY

- Beans (black, pinto, garbanzo, etc)
- Whole grains (barley, farro, rye, etc)
- Cereals (sugar-free) (rolled oats, puffed rice, etc)
- Pseudograins (quinoa, amaranth, buckwheat, etc)
- Flours (sprouted grain preferred, or whole grain)
- Rice (brown, black, wild, etc)
- Nuts (walnut, pecan, almond, etc)
- Seeds (chia, hemp, flax, pumpkin, etc)
- Almond butter or other nut/seed butter (sugar-free)
- Dates, or unsweetened/unsulfured dried fruit



- Goji berries
- Matcha or green tea
- Cacao powder
- Dried unsweetened coconut flakes

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## LIQUIDS & COOKING STAPLES

- Vegetable broth
- Coconut milk
- Stevia (liquid)
- Monkfruit-based 1:1 sugar replacement
- Coconut sugar
- Maple syrup
- Coconut oil
- Olive oil
- High-heat oil (avocado or algae-based preferred)
- Vinegar (apple cider or wine-based)
- Tamari
- Ground turmeric
- Other dried spices/herbs (chili, cinnamon, oregano, etc)
- Flavor extracts (vanilla, almond)

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## TOP SUPPLEMENTS / OTHER NATURAL NOOTROPICS (AS NEEDED)\*

- Sunflower lecithin (granules)
- Algae-DHA/EPA (capsule)
- Vitamin B12 (capsule or spray)
- Vitamin D3 (capsule or spray)
- Ashwagandha (powder or capsule)
- Curcumin (capsule)
- CBD (powder or capsule)
- Rhodiola (powder or capsule)
- Shisandra (powder or capsule)
- Lion's Mane (powder or capsule)
- Reishi (powder or capsule)
- Bacopa (pill or capsule)

\*Purchase at health food store or order online as needed.