



Fruits and Vegetables Shopping List

This is also by no means an “approved shopping list,” you are allowed to (and should!) eat many foods beyond the ones listed below. This is just to get some ideas going.

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
- Winter squash varieties
- Yellow zucchini & summer squash

Orange & yellow

- Pumpkin
- Orange & yellow peppers
- Orange & yellow carrots
- Orange cauliflower
- Yellow-orange beets
- Apricots, peaches, nectarines
- Cantaloupe
- Mangoes
- Oranges
- Papayas


Red & pink

- Pineapple
- 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
- Pomegranate
- Red grapefruit
- Red grapes

 Red-skinned


apples

 Strawberries

 Watermelon

chard, arugula)

 Tomatillos

 Zucchini,
cucumber (if you
eat the peel)

 Romaine

lettuce

 Green

peppers

 Asparagus

 Cabbage


 Kiwis


 White

carrots

 Bananas


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

White

 Bean

sprouts



Cauliflower

 Celery

 Daikon

radish





Fennel/anise

 Garlic

 Jicama

 Mushrooms

 Onions,
leeks, shallots

 Iceberg

lettuce