

Your Printable Grocery Checklist

All 56 core foods, itemized one by one and grouped by food group – not summarized into a few blocks. Tick each one as you shop.

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PROTEINS (13)

- ☐ Eggs
- ☐ Chicken
- ☐ Beef
- ☐ Turkey
- ☐ Fish (tilapia or mackerel)
- ☐ Edamame
- ☐ Black beans
- ☐ Black-eyed beans (honey beans)
- ☐ Lentils
- ☐ Chickpeas
- ☐ Moi-moi (steamed bean pudding)
- ☐ Plain yogurt
- ☐ Tofu

VEGETABLES (12)

- ☐ Spinach
- ☐ Ugu (fluted pumpkin leaves)
- ☐ Carrots
- ☐ Broccoli
- ☐ Green beans
- ☐ Bell peppers
- ☐ Cucumber
- ☐ Tomatoes
- ☐ Cauliflower
- ☐ Okra
- ☐ Cabbage
- ☐ Garden eggs (African eggplant)

CARBOHYDRATES (13)

- ☐ White rice
- ☐ Brown rice
- ☐ Oats
- ☐ Sweet potato
- ☐ Yam
- ☐ Plantain
- ☐ Garri
- ☐ Quinoa
- ☐ Whole-grain bread
- ☐ Pasta
- ☐ Millet
- ☐ Sorghum (guinea corn)
- ☐ Semovita (semolina swallow)

FRUITS (10)

- ☐ Banana
- ☐ Mixed berries
- ☐ Mango
- ☐ Pawpaw (papaya)
- ☐ Orange
- ☐ Apple
- ☐ Pear
- ☐ Watermelon
- ☐ Pineapple
- ☐ Kiwi

HEALTHY FATS (8)

- ☐ Avocado
- ☐ Olive oil
- ☐ Red palm oil
- ☐ Peanut butter
- ☐ Almond butter
- ☐ Tahini (sesame paste)
- ☐ Chia seeds
- ☐ Ground flaxseed



ALSO KEEP ON HAND

Olive oil and red palm oil are already listed above under Healthy Fats. Beyond the 56 foods, a well-stocked kitchen for this vault also benefits from: salt, cinnamon (optional), silicone muffin cups or small freezer containers for the batch-cook recipes, and a blender for the smoothies and texture-swap recipes.