

22 Day Revolution Grocery List: Remember that the pantry items are one-time purchases and will last quite some time. Also, try to go to the bulk section of the store when possible because it is so much cheaper than buying items pre-packaged. *This is adopted from the book, The 22 Day Revolution.*

Pantry

- Almond Flour
- Baking Soda
- Brown Rice Flour
- Oat Flour
- Tapioca Flour
- Dried Basil
- Black Ground Pepper
- Cayenne Pepper
- Cinnamon
- Coriander
- Cumin
- Curry
- Garlic Powder
- Ginger
- Madagascar Vanilla Extract
- Paprika
- Dried Parsley
- Sea Salt
- Turmeric
- Applesauce
- Artichoke Hearts (canned, BPA-free)
- Canola Mayo
- Capers
- Kalamata Olives
- Maple Syrup
- Nori Sheet
- Pitted Dates
- Vegan Chocolate Chips (p.s.-I just get regular)

Grains/Beans/Legumes

- Beluga Lentils
- Black Beans
- Brown Rice (short-grain)
- Chickpeas (canned, BPA-free)

- Green Lentils
- Quinoa
- Quick Oats
- Vegan and Gluten-Free Bread

Produce

- Banana
- Blueberries
- Broccoli
- Carrots
- Cauliflower
- Celery (chopped)
- Cherry Tomatoes (1 small pack)
- Cucumbers (2)
- Eggplant (1)
- Fresh Fruit (whole)
- Garlic
- Granny Smith Apples (3)
- Grape Tomatoes (1 pack)
- Grapefruit (1)
- Green Grapes
- Avocados (7)
- Jalapeno Pepper
- Jicama
- Kale
- Lemon (6)
- Lime (3)
- Onion (2)
- Oranges (2)
- Plum Tomatoes (3)
- Red Pepper
- Romaine Lettuce
- Shallot
- Spinach
- Sweet Potato (1)
- Tomatoes (2)
- Zucchini

Seeds/Nuts/Dried Fruit/Nut Milks

- Almond Butter or Sunflower Butter
- Cashews (raw, unsalted)
- Chia Seeds (2 cups)
- Flaxseed (milled)
- Nuts (raw, unsalted)
- Pine Nuts
- Sesame Seeds
- Tahini
- Walnuts
- Almond Milk (plain or vanilla)
- Coconut Milk

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