

FAW's Grocery Shopping Checklist

Fresh vegetables	Fresh fruits	Spices & herbs	Baked goods	Cheese <i>grassfed/no GMO</i>	Cleaning products
<input type="checkbox"/> Artichoke	<input type="checkbox"/> Apples <i>organic</i>	<input type="checkbox"/> Basil	<input type="checkbox"/> Bagels / Croissants	<input type="checkbox"/> Cheddar	<input type="checkbox"/> Bathroom cleaner
<input type="checkbox"/> Arugula	<input type="checkbox"/> Avocados	<input type="checkbox"/> Black pepper	<input type="checkbox"/> Buns / Rolls	<input type="checkbox"/> Colby	<input type="checkbox"/> Dish / Dishwasher soap
<input type="checkbox"/> Avocado	<input type="checkbox"/> Bananas <i>organic</i>	<input type="checkbox"/> Cilantro	<input type="checkbox"/> Cake/ Pie	<input type="checkbox"/> Cottage cheese	<input type="checkbox"/> Essential Oil Candles
<input type="checkbox"/> Asparagus	<input type="checkbox"/> Berries <i>organic</i>	<input type="checkbox"/> Cinnamon	<input type="checkbox"/> Cookies/ Crackers	<input type="checkbox"/> Cream cheese	<input type="checkbox"/> Garbage bags
<input type="checkbox"/> Beets	<input type="checkbox"/> Cherries	<input type="checkbox"/> Cumin	<input type="checkbox"/> Pita bread	<input type="checkbox"/> Feta	<input type="checkbox"/> Glass cleaner
<input type="checkbox"/> Bell pepper <i>organic</i>	<input type="checkbox"/> Grapefruit	<input type="checkbox"/> Dill	<input type="checkbox"/> Pizza Base	<input type="checkbox"/> Goat cheese	<input type="checkbox"/> Laundry Detergent
<input type="checkbox"/> Bok choy	<input type="checkbox"/> Grapes <i>organic</i>	<input type="checkbox"/> Garlic	<input type="checkbox"/> Sliced bread	<input type="checkbox"/> Monterey Jack	<input type="checkbox"/> Mop head / Vacuum bags
<input type="checkbox"/> Broccoli	<input type="checkbox"/> Kiwis	<input type="checkbox"/> Ginger	<input type="checkbox"/> Tortilla	<input type="checkbox"/> Mozzarella	<input type="checkbox"/> Sponges / Scrubbers
<input type="checkbox"/> Brussel sprouts	<input type="checkbox"/> Lemons / Limes	<input type="checkbox"/> Mint	<input type="checkbox"/> _____	<input type="checkbox"/> Parmesan	<input type="checkbox"/> _____
<input type="checkbox"/> Cabbage	<input type="checkbox"/> Melon	<input type="checkbox"/> Oregano	<input type="checkbox"/> _____	<input type="checkbox"/> Sandwich slices	<input type="checkbox"/> _____
<input type="checkbox"/> Carrots	<input type="checkbox"/> Nectarines <i>organic</i>	<input type="checkbox"/> Paprika	Home Baking	<input type="checkbox"/> _____	Kitchen
<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Oranges	<input type="checkbox"/> Parsley	<input type="checkbox"/> Baking powder / Soda	<input type="checkbox"/> _____	<input type="checkbox"/> Cheese cloth
<input type="checkbox"/> Celery <i>organic</i>	<input type="checkbox"/> Peaches <i>organic</i>	<input type="checkbox"/> Red pepper	<input type="checkbox"/> Cake / Brownie mix	Dairy (<i>grass fed</i>)	<input type="checkbox"/> Coffee filters
<input type="checkbox"/> Collard Green <i>organic</i>	<input type="checkbox"/> Pears	<input type="checkbox"/> Rosemary	<input type="checkbox"/> Cake icing / Decorations	<input type="checkbox"/> Cultured Butter	<input type="checkbox"/> Paper towels
<input type="checkbox"/> Corn <i>organic</i>	<input type="checkbox"/> Plums <i>organic</i>	<input type="checkbox"/> Sea Salt	<input type="checkbox"/> Chocolate chips / Cocoa	<input type="checkbox"/> Goat Milk	<input type="checkbox"/> Plastic wrap
<input type="checkbox"/> Cucumbers <i>organic</i>	<input type="checkbox"/> Dates/ Figs	<input type="checkbox"/> Thyme	<input type="checkbox"/> Coconut shortening	<input type="checkbox"/> Half & half	<input type="checkbox"/> Sandwich / Freezer bags
<input type="checkbox"/> Eggplant	<input type="checkbox"/> Apricot	<input type="checkbox"/> Turmeric	<input type="checkbox"/> Other Flours	<input type="checkbox"/> Raw milk	<input type="checkbox"/> Wax paper
<input type="checkbox"/> Garlic	<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> Pancake mix	<input type="checkbox"/> Rice/Hemp/Almond milk	<input type="checkbox"/> _____
<input type="checkbox"/> Ginger	<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> Sugar/Xylitol	<input type="checkbox"/> Sour cream	<input type="checkbox"/> _____
<input type="checkbox"/> Hot Peppers <i>organic</i>	Beans	Spice Mixes	<input type="checkbox"/> Tapioca	<input type="checkbox"/> Whipping cream	<input type="checkbox"/> _____
<input type="checkbox"/> Kale <i>organic</i>	<input type="checkbox"/> Black Beans	<input type="checkbox"/> Curry Powder	<input type="checkbox"/> Vanilla	<input type="checkbox"/> Yogurt	Personal care (<i>beware</i>)
<input type="checkbox"/> Lettuce / Greens	<input type="checkbox"/> Chickpeas	<input type="checkbox"/> Five Spice	<input type="checkbox"/> Wheat Flour	<input type="checkbox"/> _____	<input type="checkbox"/> Band-aids
<input type="checkbox"/> Mushrooms	<input type="checkbox"/> Chilli Beans	<input type="checkbox"/> Garam Masala	<input type="checkbox"/> Xanthan Gum	<input type="checkbox"/> _____	<input type="checkbox"/> Bath soap / Hand soap
<input type="checkbox"/> Okra	<input type="checkbox"/> Edamame	<input type="checkbox"/> Italian Seasoning	<input type="checkbox"/> Yeast	Snacks	<input type="checkbox"/> Cosmetics (<i>metal oxides</i>)
<input type="checkbox"/> Onions	<input type="checkbox"/> Fava	<input type="checkbox"/> Ras Al-Hanout	<input type="checkbox"/> _____	<input type="checkbox"/> Dried fruit	<input type="checkbox"/> Cotton swabs / Balls
<input type="checkbox"/> Peas <i>organic</i>	<input type="checkbox"/> Kidney	<input type="checkbox"/> Taco/ Fahita Seasoning	<input type="checkbox"/> _____	<input type="checkbox"/> Granola bars / Mix	<input type="checkbox"/> Deodorant (<i>Aluminum</i>)
<input type="checkbox"/> Potatoes <i>organic</i>	<input type="checkbox"/> Lentils	<input type="checkbox"/> Grill Seasoning	Meat (<i>grass-fed</i>)	<input type="checkbox"/> Popcorn	<input type="checkbox"/> Facial cleanser
<input type="checkbox"/> Radishes	<input type="checkbox"/> Lima	<input type="checkbox"/> _____	<input type="checkbox"/> Beef	<input type="checkbox"/> Pretzels	<input type="checkbox"/> Feminine products
<input type="checkbox"/> Romaine	<input type="checkbox"/> Mung beans	<input type="checkbox"/> _____	<input type="checkbox"/> Beef Chorizo (<i>organic</i>)	<input type="checkbox"/> Veggie Chips	<input type="checkbox"/> Floss
<input type="checkbox"/> Spinach <i>organic</i>	<input type="checkbox"/> Navy	Canned foods	<input type="checkbox"/> Chicken	<input type="checkbox"/> _____	<input type="checkbox"/> Hair gel / Spray
<input type="checkbox"/> Sr squash <i>organic</i>	<input type="checkbox"/> Red beans	<input type="checkbox"/> Applesauce	<input type="checkbox"/> Ground beef / Turkey	Oils	<input type="checkbox"/> Moisturizing lotion
<input type="checkbox"/> Sweet potato	<input type="checkbox"/> Red Lentils	<input type="checkbox"/> Baked beans	<input type="checkbox"/> Hot Dog (<i>nitratessnitrates</i>)	<input type="checkbox"/> Coconut oil	<input type="checkbox"/> Mouthwash (<i>fluoride</i>)
<input type="checkbox"/> Tomatillos	<input type="checkbox"/> White kidney	<input type="checkbox"/> Broth	<input type="checkbox"/> Lamb/ Goat	<input type="checkbox"/> Flax seed oil	<input type="checkbox"/> Razors
<input type="checkbox"/> Tomatoes <i>organic</i>	<input type="checkbox"/> Pinto	<input type="checkbox"/> Fruit	<input type="checkbox"/> Lunchmeat (<i>nitratessnitrates</i>)	<input type="checkbox"/> Grape seed oil	<input type="checkbox"/> Shampoo / Conditioner
<input type="checkbox"/> Turnip	<input type="checkbox"/> _____	<input type="checkbox"/> Olives	<input type="checkbox"/> Turkey	<input type="checkbox"/> Olive oil	<input type="checkbox"/> Toilet paper
<input type="checkbox"/> Water chestnuts	<input type="checkbox"/> _____	<input type="checkbox"/> Soup / Chili	<input type="checkbox"/> _____	<input type="checkbox"/> Sesame oil	<input type="checkbox"/> Toothpaste (<i>fluoride</i>)
<input type="checkbox"/> Watercress	Grains	<input type="checkbox"/> Stock/ Broth (<i>organic</i>)	<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> Winter Squash <i>organic</i>	<input type="checkbox"/> Amaranth	<input type="checkbox"/> Tomatoes (<i>organic-glass</i>)	Seafood (<i>low mercury</i>)	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> Zucchini <i>organic</i>	<input type="checkbox"/> Barley	<input type="checkbox"/> Veggie broth (<i>organic</i>)	<input type="checkbox"/> Anchovies	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> Basmati rice	<input type="checkbox"/> Veggies	<input type="checkbox"/> Flounder	Various groceries	Other
<input type="checkbox"/> _____	<input type="checkbox"/> Brown rice (<i>organic</i>)	<input type="checkbox"/> _____	<input type="checkbox"/> Oysters	<input type="checkbox"/> Angel Hair	<input type="checkbox"/> _____
Nuts	<input type="checkbox"/> Buckwheat	Condiments / Sauces	<input type="checkbox"/> Pollock	<input type="checkbox"/> Balsamic vinegar	<input type="checkbox"/> _____
<input type="checkbox"/> Almonds	<input type="checkbox"/> Bulgar	<input type="checkbox"/> Agave nectar	<input type="checkbox"/> Sardine	<input type="checkbox"/> Bragg's Vinegar	<input type="checkbox"/> _____
<input type="checkbox"/> Cashews	<input type="checkbox"/> Cornmeal	<input type="checkbox"/> BBQ sauce	<input type="checkbox"/> Scallop	<input type="checkbox"/> Cereal <i>organic</i>	<input type="checkbox"/> _____
<input type="checkbox"/> Macadamia	<input type="checkbox"/> Millet	<input type="checkbox"/> Bragg's Aminos	<input type="checkbox"/> Shrimp	<input type="checkbox"/> Couscous	<input type="checkbox"/> _____
<input type="checkbox"/> Pecans	<input type="checkbox"/> Oatmeal	<input type="checkbox"/> Brown Rice Syrup	<input type="checkbox"/> Tilapia	<input type="checkbox"/> Eggs (<i>free range</i>)	<input type="checkbox"/> _____
<input type="checkbox"/> Pine nuts	<input type="checkbox"/> Quinoa	<input type="checkbox"/> Bruschetta	<input type="checkbox"/> Wild Salmon	<input type="checkbox"/> Hummus	<input type="checkbox"/> _____
<input type="checkbox"/> Pistachios	<input type="checkbox"/> Sorgam	<input type="checkbox"/> Fermented veggie salsa	<input type="checkbox"/> _____	<input type="checkbox"/> Macaroni	<input type="checkbox"/> _____
<input type="checkbox"/> Walnuts	<input type="checkbox"/> Wheat	<input type="checkbox"/> Honey	Beverages	<input type="checkbox"/> Orzo	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> Wild rice	<input type="checkbox"/> Hot sauce	<input type="checkbox"/> Kombucha	<input type="checkbox"/> Penne	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> Jam / Jelly / Preserves	<input type="checkbox"/> Club soda / Tonic	<input type="checkbox"/> Pickles	<input type="checkbox"/> _____
Seeds	Frozen	<input type="checkbox"/> Ketchup / Mustard	<input type="checkbox"/> Kefir	<input type="checkbox"/> Spaghetti	<input type="checkbox"/> _____
<input type="checkbox"/> Black (<i>nigella sativa</i>)	<input type="checkbox"/> French Fries	<input type="checkbox"/> Lemon/Lime Juice	<input type="checkbox"/> Coconut water	<input type="checkbox"/> Tahini	<input type="checkbox"/> _____
<input type="checkbox"/> Flax (<i>organic</i>)	<input type="checkbox"/> Fruit Popsicles	<input type="checkbox"/> Mayo	<input type="checkbox"/> Juice	<input type="checkbox"/> Tofu	<input type="checkbox"/> _____
<input type="checkbox"/> Hemp	<input type="checkbox"/> Ice cream (<i>RBGH free</i>)	<input type="checkbox"/> Nut Butter	<input type="checkbox"/> Lemonade	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> Poppy	<input type="checkbox"/> Pizza (<i>organic</i>)	<input type="checkbox"/> Pasta sauce	<input type="checkbox"/> Tea	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> Pumpkin	<input type="checkbox"/> Sorbet	<input type="checkbox"/> Salad dressing	<input type="checkbox"/> Chai	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> Sesame	<input type="checkbox"/> _____	<input type="checkbox"/> Salsa	<input type="checkbox"/> Coffee	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> Sunflower	<input type="checkbox"/> _____	<input type="checkbox"/> Tomato sauce/ paste	<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____

Don't forget to bring your reuseable grocery bags and empty water bottles for refilling!

Recipes, special diet guidelines and more can be found at :

AutismOrganized.com

You can get the book Fight Autism and Win at:

FightAutismAndWin.com

Items marked organic = High pesticide and GMO crops

Get your meat and dairy from grass fed animals

BIG TIP: Read Labels!

Always Avoid Hydrogenated oils or Trans Fats

Always avoid high fructose corn syrup