

Seasonal Grocery Capsule

Spring & Summer



Vegetables

Avocados
Arugula
Asparagus
Bell peppers
Broccoli
Celery
Collards
Corn
Cucumbers
Green beans
Lettuce
Peas
Red onions
Spinach
Summer squash
Tomatoes
Zucchini

Fruit

Apricots
Bananas
Berries
Cherries
Mangoes
Melons
Nectarines
Peaches
Plums

Starches

Baby potatoes
Gold potatoes
Sweet potatoes

Proteins

Chicken breast
Chicken thighs
Ground turkey
Fresh salmon
Pork shoulder
Shrimp
Steak
Tilapia

Pantry

Rice
Canned salmon
Canned chicken
Chickpeas
Black beans
Salsa



Herbs & Flavors

Cilantro
Parsley
Lemons
Limes
Green onions
Jalepeños
Garlic
Shallots



Seasonal Grocery Capsule

Fall & Winter

Vegetables

Beets
Broccoli
Brussel sprouts
Cabbage
Carrots
Celery
Cauliflower
Collards
Onions
Kale

Starches

Acorn squash
Butternut squash
Russet potatoes
Sweet potatoes

Fruit

Apples
Bananas
Pears
Oranges
Frozen fruit

Proteins

Stew meat
Chicken legs
Ground sausage
Ground beef
Bacon
Smoked ham
Whole chicken

Pantry

Black beans
Canned salmon
Canned chicken
Chickpeas
Kidney beans
Lentils
Navy beans
Pasta
Pinto beans
Pumpkin purée
Rice
Salsa
Split peas

Herbs & Flavors

Garlic
Rosemary
Sage
Thyme
Chipotles
Curry
Mustard

