



THE GOOD MOOD GROCERY LIST

FRUITS

- APRICOT
- APPLES
- BANANAS
- BLUEBERRIES
- BUTTERNUT SQUASH
- CANTALOUPE
- EGGPLANT
- GRAPEFRUIT
- GRAPES
- HONEYDEW MELON
- KIWI
- ORANGES
- PEACHES
- STRAWBERRIES

VEGETABLES

- ACORN SQUASH
- BROCCOLI
- CARROTS
- COLLARDS
- CUCUMBER
- KALE
- MUSHROOMS
- ONIONS
- PEAS
- PEPPERS
- PUMPKIN
- SPINACH
- SWEET POTATOES
- TOMATOES
- ZUCCHINI

DRIED FRUITS

- APRICOTS
- DATES
- PRUNES
- RAISINS

OTHER

- GREEN TEA
- OLIVE OIL
- TOFU

MILK AND MILK SUBSTITUTE FOODS

- COTTAGE CHEESE
- SOYMILK
- YOGURT

NUTS AND SEEDS

- ALMONDS
- BRAZIL NUTS
- CASHEWS
- FLAX SEED
- PEANUTS
- PUMPKIN SEEDS

LEGUMES

- BLACK BEANS
- BLACK-EYED PEAS
- CHICKPEAS
- EDAMAME
- LENTILS
- LIMA BEANS
- PINTO BEANS
- RED KIDNEY BEANS

SEAFOOD

- CLAMS
- COD
- HADDOCK
- HALIBUT
- HERRING
- MACKEREL
- MUSSELS
- OYSTERS
- PERCH
- SALMON
- SARDINES
- TROUT
- TUNA

WHOLE GRAINS

- BARLEY
- BROWN RICE
- BULGUR WHEAT
- CREAM OF WHEAT / COCO WHEATIES
- OATMEAL
- RAISIN BRAN
- SHREDDED WHEAT
- WHOLE-WHEAT ENGLISH MUFFINS
- WHOLE-WHEAT MACARONI NOODLES