

 **Shopping List: 30 Non-Starchy Vegetables**

**Leafy Greens**

- Spinach
- Kale
- Swiss Chard
- Bok Choy
- Arugula
- Collard Greens
- Watercress

**Cruciferous Vegetables**

- Broccoli
- Cauliflower
- Cabbage (Red or Green)
- Brussels Sprouts
- Kohlrabi

**Fresh & Hydrating**

- Zucchini
- Cucumber
- Bell Peppers
- Tomatoes
- Snap Peas

**Hearty & Savory**

- Eggplant
- Mushrooms (White, Cremini, or Shiitake)
- Summer Squash
- Okra
- Green Beans
- Asparagus

**Crunchy Roots & Bulbs**

- Celery
- Radishes
- Jicama
- Daikon Radish
- Fennel
- Carrots

**Unique & Specialty**

- Artichokes
- Bamboo Shoots (Canned or Fresh)
- Beetroot
- Leeks