



We make healthy living simple

Grocery Essentials

Print this sheet and take it with you to the store to stock up on all of your grocery essentials!

Pantry

- Flours: Both all-purpose and whole wheat if you use those and aren't eliminating gluten in your diet. (you don't need self-rising). We keep a variety of others on hand that are a little more health conscious also such as coconut, almond, and brown rice.
- Baking soda and Baking powder
- Kosher salt
- Fresh ground black pepper
- EVOO (Extra Virgin Olive Oil)
- Organic Unrefined Coconut Oil
- Vinegars (Red wine and Balsamic)
- Onion/Shallot/Garlic
- Honey
- Old Fashioned Oats (preferably gluten free)
- Walnuts
- Cashews
- Almonds
- Chia Seeds and Hemp Seeds
- Raisins
- Cranberries
- Pasta, we prefer quinoa and brown rice
- Brown Rice, quinoa (other grains such as buckwheat, millet)
- Panko bread crumbs (Brown rice if you can find it) Ian's is a good brand
- Canned diced tomatoes
- Canned whole tomatoes
- Canned tomato paste
- Good quality jarred marinara sauce (organic if possible)
- Canned tuna and salmon (sustainably caught)
- Chicken Stock
- Beef stock
- Spices: garlic powder, onion powder, cumin, coriander, smoked paprika, chili powder, cinnamon, whole nutmeg, minced onion
- Coconut Sugar
- Brown sugar
- Unsweetened apple sauce
- Black beans (if canned, look for BPA free)
- Pinto beans (if canned, look for BPA free)

Fridge

- Dijon mustard
- Veganaise or mayo made with Extra Virgin Olive Oil (EVOO)
- Fage 2% Greek yogurt (I sub this for sour cream)
- All-natural almond butter and/or peanut butter
- 2% Organic Milk (If you drink pasteurized cow's milk)
- Unsweetened Almond or Coconut Milk
- Organic pasture raised eggs
- Sharp Cheddar cheese
- Parmigiano Reggiano cheese (the real stuff)
- Green leaf lettuce (organic)
- Spinach (organic)
- Kale (organic)
- Apples (organic)
- Lemons (organic)
- Limes (organic)
- Sundried tomatoes packed in oil
- Liquid aminos or coconut aminos (soy sauce alternative)
- Pure Maple Syrup
- Toasted Sesame Oil
- Grass-fed butter, unsalted (Kerrygold is a great brand)

Freezer

- Meats (buy organic or grass-fed if you can): chicken breast, whole chicken, ground beef, venison, salmon
- Dried beans previously soaked and stored
- Tomato paste previously stored
- Bread crumbs (opened breadcrumbs will last longer in the freezer)
- Bananas (anytime a banana gets old, throw it in the freezer and use it later in breads or smoothies)
- Ginger root (peel ahead of time and store in a ziplock bag)
- Parmesan cheese rind (always save the end (rind) of your parmesan cheese. It can be used to flavor soups and sauces)
- Homemade Marinara
- Homemade chicken stock
- Frozen homemade cookie dough
- Compound butters
- Cooked brown rice or quinoa
- Cooked roasted tomatoes