

## SHOPPING LIST

(feel free to print this page)



This is a list of recommended items to keep on hand. You don't have to get all of this. However, if you're planning on cooking super healthy meals for the foreseeable future, this is a great place to start.

You can find all of this at Whole Foods, Sprouts or other health food stores. If you're not inclined to go out and shop, I've attached a few link for some items from Amazon.)

Yes, it may be a bit of an investment to start. But you'll have them for quite a while, and you can then just replace as you go.

**Spices** to have on hand (organic if you can):

Mustard seeds, cumin, yellow curry powder, turmeric, black pepper, garlic powder, Vietnamese cinnamon, powdered ginger, cayenne pepper, paprika.

**Oils:** Organic coconut oil & [avocado oil](#) (to cook with high heat), also optional [grass-fed ghee](#) (clarified butter) if you're not vegan. Extra virgin olive oil and flax oil (which needs to be refrigerated) are great for dressings, not to cook with.

**Seeds:** organic chia, flax and [hemp hearts](#) (all excellent omega 3's) Unhulled sesame seeds and unsalted raw sunflower seeds (without the shell.)

**Nuts:** Raw (vs roasted) almonds, walnuts, pistachios and cashews (all at Costco). You can also get unsalted mixed nuts which are roasted.

**Beans:** Garbanzo, black, pinto, white... in jars or [Eden BPA-free cans](#).

**Grains:** [Brown Basmati](#) (from California, India or Pakistan), amaranth, buckwheat, millet, organic short grain brown rice ([Lundberg is great](#))

**Briggs** family of products: Liquid Aminos, Nutritional Yeast, Sprinkles ([this is a great starter kit](#)) and of course [Apple Cider Vinegar](#).

**Fruits and Veggies:** Think RAINBOW colors -

**Purple** cabbage and onion, grapes

**Red** bell pepper and tomatoes, apples

**Orange** carrots, peppers, squashes, oranges

**Yellow** lemons, summer squash, bananas

**Green** celery, green onions, dark lettuces, asparagus, broccoli, Brussel sprouts, kiwi, Granny Smith apples, artichokes.

**Dark leafy greens** like kale, spinach, Swiss Chard.



And remember garlic and mushrooms. ENJOY!

