

# STAPLES: SHOPPING LIST

## FOR YOUR FREEZER:

Grass-fed beef, bison and lamb

Organic chicken and turkey sausages

Organic free-range chicken and turkey breasts

Frozen wild scallops

Frozen shrimp

Organic turkey breast

Frozen berries (blueberries, strawberries, and cherries are wonderful)

Frozen veggies (have a wide variety and use them for sides, soups, and stir-fry)

Fire roasted peppers and onions

Wild fish – my faves are sole, salmon, and halibut

## FOR YOUR FRIDGE:

Turkey slices

Grass-fed beef slices

Roasted whole chicken

Uncured, nitrate-free bacon (add bits to salads, too)

Nut butters: almond, pecan, walnut, macadamia, and cashew

Guacamole

Fresh salsa

Dijon mustard

Salad greens

Bagged and fresh veggies for stir-fry

Flax seed (grind fresh before use)

Containers of cut-up, fresh, washed veggies (to really save you time in meal assembly!)

Fresh, low sugar impact fruits such as berries

All the non-starchy veggies you can store and eat that week!

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## FOR YOUR PANTRY:

JJ Virgin's All-In-One Shake mix

JJ Virgin's Extra Fiber

Coconut, almond, or cashew milk – we love So Delicious Dairy Free Unsweetened

Beans; canned and/or bulk black beans

Organic chicken & vegetable broths

Organic brown Basmati rice

Brown rice

Red quinoa

Quinoa or brown rice pasta

Rice cakes

Nuts-choose from raw almonds, cashews, pecans, walnuts, macadamia nuts, Brazil nuts, pistachios

A little dark chocolate (note to self – a LITTLE dark chocolate = 1 oz)

Green teas

Garbanzo beans

Artichoke hearts

Diced green chilies

Ready-made sauces (make sure you read labels to avoid hidden sugars or artificial sweeteners)

Coconut aminos

Marinara sauce - no sugar added

Coconut oil

Olive oil (for cooking)

Extra virgin olive oil (for raw use, i.e., in dressings)

Malaysian palm fruit oil

Vinegars – no added sugars (try red wine, rice wine, and champagne)

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## FOR YOUR VEGGIE BIN:

Garlic

Onions

Sweet potatoes/yams

Tomatoes

## SPICES:

*Purchase organic, non-irradiated*

Sea salt

Black pepper corns

Italian spice blend

Mexican spice blend

Herbs de Provence

Rosemary

Thyme (great in roasted veggies)

Oregano

Basil

Red chile

Cumin

Cinnamon

## THE DIRTY DOZEN

Organic is always the best. Next, buy locally farmed or at the very minimum stateside-farmed produce. Other countries do not have the regulations regarding pesticides that we do, so while you may save a few pennies, you may be placing your health at risk. The following is the **EWG's 2015 Dirty Dozen Plus™** guide to items that should always be purchased organic to avoid the pesticide residue.

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|--------------------|---------------|------------------------|-----------------------|
| 1. Apples          | 5. Grapes     | 9. Snap peas           | + Hot peppers         |
| 2. Celery          | 6. Nectarines | 10. Spinach            | + Kale/Collard greens |
| 3. Cherry tomatoes | 7. Peaches    | 11. Strawberries       |                       |
| 4. Cucumbers       | 8. Potatoes   | 12. Sweet bell peppers |                       |