

## Staples Grocery List

### FOR YOUR FREEZER:

Grass fed beef  
Organic chicken and turkey sausages  
Organic free range chicken and turkey breasts  
Frozen shrimp  
Frozen berries (blueberries, strawberries and cherries are wonderful)  
Frozen veggies (have a wide variety and use them for sides, soups and stir-fry)  
Wild fish - my fav's are sole, salmon, halibut and scallops

### FOR YOUR FRIDGE:

Organic turkey slices (for your wrap or roll-up)  
Grass fed beef slices (For a salad or roll-up)  
Roasted whole chicken  
Uncured, nitrate free bacon and Canadian bacon (Add bits to salads, too)  
Nut butters: almond butter, pecan butter, walnut butter, macadamia butter and cashew butter  
Guacamole  
Fresh salsa  
Dijon Mustard (gluten free)  
Salad greens (look for baby spinach & arugula in tubs)  
Bagged and fresh veggies for stir-fry's  
Flax seed (grind fresh before use)  
Containers of cut-up, fresh, washed veggies  
Lemons  
Limes  
Avocados  
So Delicious unsweetened coconut milk  
Fresh, low-glycemic index fruits such as berries and apples (Some may go on the counter to ripen)  
All the non-starchy veggies you can store and eat that week!

### FOR YOUR PANTRY:

Coconut milk  
Beans purchased in bulk  
Organic chicken broth  
Organic brown Basmati rice  
Brown rice  
Red Quinoa  
Brown rice pasta  
Nuts (Mix it up and choose from raw almonds, cashews, pecans, walnuts, macadamia nuts, Brazil nuts, pistachios)  
Green teas (To drink both iced and hot)

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Garbanzo beans  
Artichoke hearts  
Diced green chilies  
Wheat free Tamari Sauce  
Sun-dried tomatoes in olive oil

**VEGGIE BIN:**

Store these in open bins in dark spot and not the fridge  
Garlic & onions  
Sweet potatoes  
Tomatoes

**KEY OILS TO HAVE ON HAND:**

Coconut oil  
Olive oil (for high temperature cooking)  
Extra virgin olive oil (for raw use)

**SPICES TO HAVE ON HAND:**

Purchase organic, non-irradiated  
Sea salt  
Black pepper corns  
Italian spice blend  
Mexican spice blend  
Herbs de Provence  
Rosemary (for roasting chicken, turkey and lamb)  
Oregano  
Basil  
Red Chile  
Cumin

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## OPTIMAL LEAN PROTEIN CHOICES

Choose free-range, cage-free, grass fed and no hormone added sources whenever possible. Avoid farm raised fish.

- Lean chicken & turkey
- Cold water fish & shellfish – wild salmon, halibut, sole, scallops, sardines
- Lean grass-fed beef

## OPTIMAL FAT CHOICES

- Raw nuts & seeds (not peanut)
- Fresh ground flaxseed meal
- Olive oil, olives
- Coconut milk or oil
- Avocado

## OPTIMAL NON-STARCHY VEGETABLE CHOICES

- Arugula
- Beet greens
- Broccoli
- Cauliflower
- Chives
- Dandelion greens
- Green beans
- Onions
- Parsley
- Spinach
- Turnip greens
- Asparagus
- Bell peppers (red, yellow, green)
- Brussels sprouts
- Celery
- Collard greens
- Eggplant
- Leeks
- Lettuce
- Radishes
- Spaghetti squash
- Watercress
- Bamboo shoots
- Cabbage
- Chicory
- Coriander
- Endive
- Kohlrabi
- Mushrooms
- Radicchio
- Summer squash
- Artichokes
- Bean sprouts
- Cucumber
- Cassava
- Fennel
- Jalapeno peppers
- Garlic
- Kale
- Mustard greens
- Shallots
- Swiss chard

## HIGH FIBER STARCHY CARBOHYDRATE CHOICES

- Squash (acorn, butternut, winter)
- Lima beans
- Turnip
- Black beans
- Great Northern beans
- Pinto beans
- Carrots
- Okra
- Legumes
- Chick peas (garbanzo)
- Kidney beans
- Split peas
- Brown rice
- Leeks
- Pumpkin
- Black beans
- Cowpeas
- Lentils
- White beans
- Millet
- Tomatoes
- Sweet potato or yam
- Adzuki beans
- French beans
- Mung beans
- Jicama (raw)

## LOW GLYCEMIC INDEX FRUIT CHOICES

### Low GI

• Berries (blackberries, blueberries, boysenberries, elderberries, gooseberries, loganberries, raspberries, strawberries)

### Moderate GI

- Cherries
- Melons
- Grapefruit
- Kiwi fruit
- Tangerines
- Pear
- Orange
- Pitted Prunes
- Lemons
- Passion Fruit
- Fresh apricots
- Peaches
- Apples
- Limes
- Persimmons
- Pomegranates
- Plum
- Avocados
- Nectarines
- Plums

**High GI** - eat sparingly, or after a workout

- Banana
  - Mango
  - Pineapple
  - Papaya
  - Grapes
  - Watermelon
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