

# Grocery Staples

Below is a list of pantry and fridge essentials that should always be on stock to maintain a healthy lifestyle

## Produce

- Dark Leafy Greens
- Sweet Potatoes
- Bell Peppers
- Cauliflower
- Broccoli
- Red Onions
- Garlic
- Avocados
- Cilantro & Parsley
- Brussels Sprouts
- Cucumbers
- Celery
- Microgreens
- Lemons
- Strawberries
- Blueberries
- Green Apples
- Bananas

## Baking

- Almond Flour
- Ground Flaxseed
- Maple Syrup
- Honey
- Cocoa Powder
- Raw Cane Sugar
- Dates
- Dairy Free Chocolate Chips
- Canned Pumpkin

## Miscellaneous

- Canned Diced Tomatoes
- Nut Butters of choice
- Nutritional Yeast
- Apple Cider Vinegar
- Almond Milk
- Green Tea
- Coconut Milk
- Can of black beans

## Grains

- Quinoa
- Old Fashion Rolled Oats
- Brown Rice
- Brown Rice Pasta

## Proteins

- Dried Beans ( Black, Pinto, or Navy beans)
- Chickpeas
- Lentils
- Raw Cashews
- Walnuts
- Almonds
- Pistachios
- Chia Seeds
- Pumpkin Seeds
- Hemp Seeds
- Sunflower Seeds
- Brazil Nuts

## Cooking

- Olive Oil
- Coconut Oil
- Tomato Paste
- Arrowroot Powder
- Spices; curry, cinnamon, onion powder, garlic powder, turmeric
- Himalayan Pink Sea Salt
- Vegetable Broth