

SHOPPING LIST

PRODUCE

Vegetables

- Cucumber
- 1 Head of Celery
- 1 Bunch of Broccoli
- 1 Head of Cauliflower
- 1 pound Brussels Sprouts (Costco sells a big bag)
- 12 white or brown Mushrooms
- Cherry or grape tomatoes
- Bag of cooking onions
- White potato (if desired, for crock pot chicken)
- 1 Medium Red Onion
- Green onions
- 1 Bulb Fresh Garlic
- Bag of Sweet Potatoes
- 1 Bag of Carrots
- Pre-Washed Organic Baby Spinach and/or Kale
- 1 Red Pepper
- Frozen Spinach (great to have on hand to add to smoothies or dishes)
- 1 Bag of Frozen Asian Vegetables (I use in Vegetable Fried “Rice” recipe)
- Box of organic Rainbow Kale (See **Bonus Recipe** in “Recipes”)

Fruit

- 1 Bag of Organic Apples (variety of choice ~ I like Gala’s)
- Fresh Lemons and Limes (to flavour my water and use in recipes)
- Avocados
- Bunches of Bananas (when ripe, peel and freeze some in a Ziploc bag 😊)
- Bag of Frozen Blueberries and other fruit/berries for smoothies, as desired

- Fresh or frozen peaches (for Peaches and Cream Oatmeal)
- Fresh or frozen strawberries (for muffins)
- Organic dried berry blend (Costco)
- Unsweetened dried cherries (for Cherry Pie “Larabars”)
- Dates (Medjool, preferably)

DAIRY/DAIRY SUBSTITUTES

- 2% Organic Cottage Cheese
- 2% Organic Plain Greek Yogurt
- Almond Milk (I prefer to make home made, but store-bought is good in a pinch). For Milkshake and oatmeal.

GRAINS, NUTS & LEGUMES

- Quick Cooking Organic Rolled Oats
- Steel Cut Oats
- Almond Flour (ground almonds)
- Quinoa
- Chia Seeds
- Hemp Hearts
- Flax Seeds (whole)
- Canned Chickpeas (Garbanzo beans)
- Brown Rice (if desired, as a substitute for quinoa)
- Tahini
- Bag of Lentils (brown or green, but not split)
- Raw, Unsalted Nuts (walnuts, almonds etc...)
- 1 cup dry roasted (unsalted) organic peanuts (for Peanut Butter Cookie Larabars)
- Pistachios (optional-for Maple Dijon Salmon recipe)

MEAT & EGGS

- Eggs
- 1 large Organic Salmon Fillet (Costco)
- 4 Chicken Breasts (boneless, skinless).
- Whole organic chickens (Costco, 2 for \$30).
- Canned White Tuna and/or salmon

CONDIMENT/OILS/SEASONINGS

- Pure Maple Syrup
- Pure Unpasteurized Honey (I like True Bee Raw honey)
- Unsweetened organic Peanut Butter
- Natural Almond Butter
- Olive Oil (Organic, Extra Virgin)
- Avocado Oil (optional)
- Coconut Oil (Organic, Virgin)
- Tomato Paste
- Tamari (or “coconut aminos”)
- Fresh rosemary (store in the freezer to maintain freshness)
- Pure Vanilla Extract
- Ground Cinnamon
- Curry Powder
- “Organic No salt seasoning” (Costco. Kirkland brand, if available)
- Dijon mustard
- Organic Apple cider vinegar (with the “mother”)
- Balsamic vinegar
- Himalayan Salt
- Raw organic cacao powder (I love the Navitas brand)
- Coriander, Garam Masala, Onion Seeds (for Lentils)

TREATS

- Bar of Dark Chocolate (70% cacao or higher)
- Dried dark cherries or cranberries

MISCELLANEOUS

Parchment Paper (great value at Costco). Nothing beats parchment for no-stick cooking, baking and for easy clean-up!

HAPPY SHOPPING! 😊