**GROCERY LIST FOR A PERFECT PANTRY**

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| To create healthy meal plans, you should try to have most if not all of these in your cupboard: | | | | |
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| **OILS** | |  | **VINEGARS** | |
|  | Extra Virgin Oil |  |  | Balsamic Vinegar |
|  | Coconut Oil |  |  | Apple Cider Vinegar |
|  | Sesame Oil |  |  | Red/White Wine Vinegar |
|  | Avocado Oil |  |  | Rice Wine Vinegar |

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| **SWEETENERS** | |  | **GRAINS** | |
|  | Pure Maple Syrup |  |  | Millet |
|  | Raw Honey |  |  | Quinoa |
|  | Black Strap Molasses |  |  | Brown Rice |
|  | Medjool Dates |  |  | Wild Rice |

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| **NUT BUTTERS** | |  | **BEANS/LEGUMES** | |
|  | Almond Butter |  |  | Chick Peas |
|  | All Natural Peanut Butter |  |  | Black Beans |
|  | Tahini |  |  | Canallini Beans |

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| **NUTS/SEEDS** | |  | **CANNED FOODS** | |
|  | Raw Almonds |  |  | Tomato Sauce |
|  | Raw Walnuts |  |  | Diced/Whole Tomatoes |
|  | Peptise |  |  | Tomato Paste |
|  | Chia Seeds |  |  | Coconut Milk |
|  | Dried Fruits |  |  | Amy's Soup / Chili Tuna/Salmon |

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| **SPICES** | | | | |
|  | Pink Himalayan Salt |  |  | Cayenne Pepper |
|  | Fresh Ground Pepper |  |  | Onion Powder |
|  | Cumin, Cinnamon |  |  | Garlic Powder |
|  | Turmeric, Paprika |  |  | Italian Seasoning |
|  | Curry Powder |  |  | Nutmeg |

**MY FEROCIOUS FREEZER**

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| **What to stock?** | | | | |
|  | Ezekiel Bread |  |  | Frozen Veggies |
|  | Emergency portions of meals/soups |  |  | Frozen berries/fruit for smoothies |
|  | Pound of ground beef (Meatheads) |  |  | Single protein portions (chicken/fish, etc...) |
| **PRO TIPS** | | | | |
| * While portioning out your dinner, portion out a single serving in a freezer/oven proof container, and place in the fridge. Now you have lunch for tomorrow or an emergency meal to transfer to your freezer. * Ladle single servings of soup into a freezer bag, burp all the air out and lay flat. Takes up way less room and it's already portioned! * Leftover herbs going to waste? chop or puree, place in ice cube container, top with olive oil and freeze. Pop one out when sauteeing veggies! Instant flavour bomb! * While prepping for the week, pre-portion spinach/greens, and fruits/veggies for smoothies and store in freezer in individual freezer bags. (bags can be rinsed and reused for the next week!) This frees up space in your veggie drawer, ensures the ingredients are at peak freshness, and saves prep time in the morning! You can do the same with any dry ingredients. * Label and date what you put in your freezer! That way nothing is a mystery, and nothing goes to waste! * Fruits and veggies are flash frozen at their peak, so in the winter, this is a great way to get quality product at a fraction of the price for "out of season" produce. * Edamame, peas, and spinach (or cooking greens) are great to have on hand to beef up a canned soup or stew or chili on the fly! | | | | |

**MY FUNKY FRIDGE**

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| **What to stock?** | | | | |
|  | Grass Fed Butter/Ghee |  |  | GF Tamari Sauce |
|  | Honey Mustard |  |  | Minced Garlic |
|  | Sundried Tomatoes |  |  | Dijon Mustard |
|  | Hummus |  |  | Eggs |
| **PRO TIPS** | | | | |
| * Keep a Brita filled in your fridge! Fill up your portable water bottles the night before and refill your Brita, so you always have your water at the ready! * Know what's in your fridge and where, especially if you have a crisper drawer you can't see into! If you want to get super organized, make "zones" and use baskets to organize. (by type of food, or by day or by recipe). * Prep as much as you can in advance, and have at the ready for meal prep. Also, pre-portion snacks to tuck into your bag before you head out for the day! The less you have to "think" about it, the less likely you are to stray to the darkside! * use a dry erase marker to write what you have in your fridge on the door, cross off or erase when out. (or start a new "need" list) Snap a pic of your door before you go shopping! * Label and date what you put in your fridge too! (especially if you're not using a see through glass container) That way nothing is a mystery, and nothing goes to waste! Try using dry erase markers (on the glass portion of the container) or painters tape and a sharpie. * Cleaning/chopping fruits and veggies and storing in containers as you unpack your groceries is a great time saver later in the week. but if you're not going to do that, donot wash in advance! This will advance the deterioration of some produce, leading to spoilage before you can use it. | | | | |