

# Nutritionist in the Kitch Essential Grocery List

<b>FRUITS</b>	<ul style="list-style-type: none"> <li>• Bananas</li> <li>• Apples* (Gala are my fave!)</li> <li>• Seedless Grapes</li> <li>• Frozen Berries* (I love fresh too, but don't seem to go through them quick enough!)</li> <li>• Pineapple (I buy fresh then cut it up and freeze it for smoothies and stir-fry's!)</li> <li>• Lemons</li> <li>• Limes</li> <li>• Avocado (yes they are a fruit!)</li> <li>• Varied Other Fruits</li> </ul>	<b>LEGUMES, NUTS &amp; SEEDS</b>	<ul style="list-style-type: none"> <li>• Raw Almonds</li> <li>• Raw Cashews</li> <li>• Natural Almond Butter</li> <li>• Natural Peanut Butter</li> <li>• Sunflower Seeds</li> <li>• Flax Seeds</li> <li>• Chia Seeds</li> <li>• Hemp Seeds</li> <li>• Black Beans, Chickpeas, White Beans (I try to avoid those that contain disodium EDTA)</li> </ul>
<b>VEGGIES</b>	<ul style="list-style-type: none"> <li>• Asparagus</li> <li>• Carrots</li> <li>• Cucumber</li> <li>• Broccoli</li> <li>• Tomatoes (cherry, grape, and on the vine!)</li> <li>• Mixed Greens Lettuce</li> <li>• Spinach*</li> <li>• Bell Peppers*</li> <li>• Snap Peas</li> <li>• Red Onions</li> <li>• Sweet Onions</li> <li>• Broccoli</li> <li>• Broccolini</li> <li>• Zucchini</li> <li>• Mushrooms</li> <li>• Frozen Sweet Corn</li> </ul>	<b>GRAINS &amp; STARCHES</b>	<ul style="list-style-type: none"> <li>• Quinoa</li> <li>• Brown Basmati Rice</li> <li>• Basic Unsweetened Muesli</li> <li>• Whole Grain Bread (I love Silver Hills Bakery Little Big Bread!)</li> <li>• Whole Grain Tortilla Wraps</li> <li>• Soba Noodles</li> <li>• Brown Rice Noodles</li> <li>• Sweet Potatoes/Yams (I could eat these everyday!)</li> </ul>
<b>FISH, MEAT &amp; ALT.</b>	<ul style="list-style-type: none"> <li>• Chicken Breasts (Locally raised if possible!)</li> <li>• Wild Salmon Filets</li> <li>• Tiger Prawns</li> <li>• Canned Tuna</li> <li>• White Fish (Cod or Halibut usually!)</li> <li>• Extra Firm Tofu</li> <li>• Protein Powder (North Coast Naturals is my fave!)</li> </ul>	<b>OTHER</b>	<ul style="list-style-type: none"> <li>• Herbs &amp; Spices Galore!</li> <li>• Balsamic Vinegar</li> <li>• EVOO</li> <li>• Coconut Oil</li> <li>• Sesame Oil</li> <li>• Organic Chicken/Vegetable Broth</li> <li>• Raw Honey</li> <li>• Stevia</li> <li>• Low Sodium Soy Sauce</li> <li>• Herbal Teas</li> </ul>

