



YOUR FIRST WEEK HOME: ESSENTIAL GROCERY NEEDS

STAPLES	SPECIFICS & NOTES
Cooking Oils	<ul style="list-style-type: none"> ● Extra Virgin Olive Oil ● Unrefined Virgin Coconut Oil ● Grapeseed Oil or Pomace Oil
Butter	<ul style="list-style-type: none"> ● Irish, Amish or Grass-fed
Vinegars + Flavor Enhancers + Emulsifiers	<ul style="list-style-type: none"> ● Apple Cider Vinegar, made with the “mother” ● White Balsamic Vinegar or Balsamic Vinegar ● Red Wine Vinegar ● Dijon Mustard ● Liquid Aminos, similar to soy sauce ● Lemons and/or Limes ● Pure Vanilla Extract
Sweeteners	<ul style="list-style-type: none"> ● Local Honey ● Pure Maple Syrup, 100% or Agave Nectar
Spices + Seasonings	<ul style="list-style-type: none"> ● Kosher Salt ● Black Pepper, Paprika ● Garlic Powder, Onion Powder ● Cinnamon, Nutmeg, Cardamom ● Ground Ginger, Turmeric, Cumin, Yellow Curry Powder ● Red Pepper Flakes, Ground Chili Powder ● Dried Rosemary, Thyme, Oregano, Basil
Nuts + Seeds	<ul style="list-style-type: none"> ● Cashews ● Slivered Almonds ● Pecans or Walnuts ● Pumpkin Seeds ● Ground Flaxseed ● Nut Butter (Almond, Peanut, Seed Blend, etc.)
Whole Grains + Grain Products + Beans/Legumes	<ul style="list-style-type: none"> ● Steel Cut Oatmeal ● Quinoa ● Rice (Black Rice, Jasmine, Brown Basmati) ● Local or Sprouted Grain Bread ● Corn Tortillas ● Panko Bread Crumbs ● Chickpeas or Garbanzo Beans, canned ● Black Beans, canned
Baking Needs	<ul style="list-style-type: none"> ● Baking Soda ● Baking Powder ● Sea Salt

	<ul style="list-style-type: none"> ● Flours (personal choices - AP, Coconut, Almond, Whole Wheat, etc.) ● Canned Coconut Milk, full fat ● Cacao Powder ● Granulated Sugar
Fruits	<ul style="list-style-type: none"> ● Berries (choose two: Blueberries, Strawberries, Blackberries, Raspberries, etc.) ● Bananas ● Apples or Pears ● Melon (choose one: Watermelon, Cantaloupe, Honeydew, etc.) ● Citrus (choose one: Oranges, Tangerines, Clementines, etc.) ● Avocado
Starchy + Non-Starchy Vegetables + Herbs	<ul style="list-style-type: none"> ● Sweet Potatoes ● Fingerling or Red Potatoes ● Zucchini and/or Summer Squash ● Leafy Greens (choose two: spinach, arugula, spring mix, romaine, baby romaine, butter lettuce, kale, etc.) ● Tomatoes ● English Cucumber ● Cruciferous Vegetables (choose two: broccoli, cauliflower, brussels sprouts, cabbage, etc.) ● Peppers (choose two: green, yellow, orange, red, jalapeno, etc.) ● Onion ● Garlic ● Asparagus or Green Beans ● Herbs (choose one or two: cilantro, parsley, basil, dill, chives, rosemary, thyme, etc.)
Frozen Section	<ul style="list-style-type: none"> ● Steamed Broccoli Florets ● Frozen Fruit (choose one: blueberries, strawberries, cherries, etc.) ● Wild Caught Salmon Filets ● Uncooked Shrimp, peeled and cleaned
Proteins	<ul style="list-style-type: none"> ● Eggs, pasture-raised ● Boneless Skinless Chicken Thighs ● Chicken Breast ● Ground Turkey or Ground Sirloin ● Wild Caught Salmon (frozen or fresh) ● Local Special (e.g., carolina shrimp)
Dairy	<ul style="list-style-type: none"> ● Plain Greek Yogurt ● Plain Kefir ● Cheese (choose two: feta, goat, parmesan, sharp cheddar, gouda, fresh mozzarella, etc.)

	<ul style="list-style-type: none">● Milk of choice● Creamer
Beverages	<ul style="list-style-type: none">● Coffee● Tea (choose two: chai, honey ginger, lavender, camomile, peppermint, ginger, etc.)● Sparkling Water
Snack Items	<ul style="list-style-type: none">● Chocolate● Dates or Turkish Figs● Dried Apricots or other dried fruits● Nuts/Seeds● Hummus with Raw Vegetables (e.g., baby carrots)● Personal Choices