

Recommended Grocery Basics

	Staple	Suggested Uses	Notes
Protein	Grass Fed Ground Beef	Tacos with corn tortillas, Spaghetti squash bolognese	
	Organic, Hormone-free Chicken Breasts	Use in salads (as a main course) or in tacos.	
	Organic, Hormone-free Eggs	Awesome for breakfast (duh!) or harboiled with some sriracha and a bit of soy sauce or just some Everything But The Bagel seasoning - yum!	
	Lentils (Trader Joe's has a great pre-cooked package)	Great for bulking up a salad or adding to cooked veggies or soups.	
	Canned or dried beans (any kind you like!)		
	Nitrate-free Deli Meats	Great snack rolled up with some cheese and veggies or as a lunch rolled up in a protein-y wrap with hummus and veggies.	
	Hummus	Great as a dip for fresh veggies or using as a spread on a sandwich or wrap.	
	Protein Bars	Bars are great to break in 1/2 or 3rds for your scheduled mid morning and mid afternoon snacks to keep you satiated. They can be quite caloric, so just check on that and portion appropriately. Or use it for a meal on the go when you can't find anything healthy around. I keep them in my purse just for that reason!	Check the ingredients, find ones that are food based or at least use grass fed whey proteins. I love Lara bars, Rx, Isagenix, Kind, and Quest bars, but there are a lot of good ones out there.
Dairy	Organic Whole Milk or Almond, Soy or Other Milk	For coffee or tea if you like it light. Skip creamer and add a bit of sugar or honey if you need.	The process of removing fat from milk is no good so keeping your dairy full-fat and reducing portion size is the way to go.)
	Full-fat Yogurt (Greek tends to be higher in protein but go with what you like)	Yogurt is great with pumpkin seeds, frozen berries and a drizzle of honey if you want to sweetener. It's also an awesome replacement for sour cream.	
	Cheese (Sticks and/or slices)	Great for quick snacks!	
	Grass-Fed Butter		Way better for you than regular butter - use in small quantities, though! If you tend to be someone who uses a lot of butter, you may want to start substituting Earth's Best spread in place of butter. Plant based and less saturated fats.
Grains	Organic Whole Wheat, Whole Grain Bread		I love Dave's Killer bread - especially the smaller sliced loaves. Lots of great seeds and grains for a nice hearty fix of bread.
	Organic Whole Wheat, Whole Grain Tortillas	Awesome for wraps for a great, easy to pack lunch.	
	Corn Tortillas	Perfect for taco nights of all kinds. Or a quick quesadilla for lunch with some spinach thrown in Use for a breakfast taco with an egg or two and some hot sauce!	
	Other High Protein Grains (Try quinoa, spelt, bulgar, kamut, amaranth, brown rice, and couscous.)	Try using brown rice and whole wheat pasta too!	Complex carbs are better for you than the simple carbohydrate alternatives.

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Fruits and Veggies	Fresh Veggies for Salads	Try putting more than just lettuce in your salads! Broccoli, peppers (use spicy to add a kick!), mushrooms, carrots, cucumbers, and peas are a few options.	
	Fruit	Pick FRESH (not dried) fruits you love for snacks, salads, and even wraps.	
	Frozen Fruits, Berries, and Veggies	Awesome for smoothies and to blend into sauces for the kids!	
	Premade Veggie Noodles	Use bolognese and carbonara sauces for a twist on pasta without all the starches and calories.	These are often found in the packaged salad section of the grocery store.
	Spaghetti Squash		Think of it less as a substitute for spaghetti and more as its own thing.
	Root and Roasting Vegetables	Roast parsnips, sweet potatoes, beets, broccoli, cauliflower, leeks, etc. with a touch of olive oil, salt and pepper.	Use root and roasted vegetables as a side dish, in a salad, or with some cottage cheese for a hearty snack or light meal.
Extras	Olive Oil	It's great for a simple salad dressing with some vinegar, salt, pepper, and lemon!	A nice quality organic olive oil can be used for most cooking (or a canola oil if you don't want the olive oil flavor).
	Local Honey	Add to coffee, tea, and smoothies when you want a little sweetness.	It's still considered "added sugar" but it's got great nutrients and your local honey has all sorts of environmental protection for you - especially if you're prone to allergies!
	Vinegars: Balsamic, Red Wine, Apple Cider - any kind you love.	Use for salad dressings or drizzle in a wrap!	
	Hot Sauces	Don't forget your favorite hot sauces - they're great for adding heat and flavor! Healthy eating does not have to be boring. I love Cholula for Mexican flavors and Sriracha for Asian dishes.	
	Bubbly waters	Keeps you hydrated and breaks up the monotony of drinking water all day. Also awesome to bulk up cocktails or to water down your wine so you can have a bigger glass!	
	Miscellaneous Teas	Herbal tea is great at night when you might start reaching for snacks out of habit - a nice red Rooiboos tea is my fave at that time, it's also a great way to stay hydrated during the day if you're having trouble motivating to chug water.	