



# The Kitchen Essentials (and the Extras)

*The essentials are what you should always have on hand. The extras are, well, extra!*

## Vegetables and Fruits

### The Essentials:

- Dark Green Vegetables (including your favorite type of dark leafy greens)
- Fruits and Vegetables of ALL VARIETIES – organic when possible (fresh and frozen)
- Lemons and limes

## Whole Grains (organic when possible)

### The Essentials:

- Brown rice
- Oats
- Quinoa
- Whole Grain, Quinoa or Rice noodles

### The Extras:

- Amaranth
- Barley
- Millet
- Soba noodles

## Beans, Legumes and Soy Products (organic when possible)

### The Essentials:

- Black beans
- Cannellini beans (or white beans)
- Chickpeas/garbanzo beans
- Lentils: brown, red or green

### The Extras:

- Aduki beans
- Edamame, always organic (what they are: whole, young soybeans in a shell or without; kept frozen)
- Kidney beans: red and white
- Mung beans
- Pinto beans
- Split peas
- Tempeh, always organic (what it is: a pressed soybean cake made from split soybeans, water and special enzymes)
- Tofu, always organic (what it is: a fresh soybean curd made of soybean and natural sea salt)

## Nuts and Seeds (raw, unsalted)

### The Essentials:

- Almonds
- Cashews
- Chia seeds
- Flax seeds (whole or ground)
- Sesame seeds
- Sunflower seeds
- Walnuts

### The Extras:

- Hazelnuts
- Hemp seeds
- Pecans
- Pistachios
- Pumpkin seeds (pepitas)

## Oils, Vinegars, Condiments and Spreads

### The Essentials:

- Coconut oil
- Extra virgin olive oil
- High Heat Oil (avocado, grapeseed, sesame or sunflower oil)
- Apple cider vinegar
- Balsamic vinegar
- Champagne or wine (red/white) vinegar
- Natural organic ketchup (Annie's Naturals)
- Mustard(s)
- Nut or Seed butter(s) (experiment to find your fave: peanut, almond, cashew and sunflower seed are a few of mine, try crunchy and creamy)

### The Extras:

- Brown rice vinegar
- Chili oil
- Flaxseed oil
- BBQ sauce (Annie's Naturals)
- Hummus
- Hot sauce or salsas (red and/or green)
- Tahini (sesame seed butter)
- Tamari soy sauce (Eden Organics)
- Worcestershire sauce (organic)

## Herbs/Spices

### The Essentials:

- Black pepper
- Crushed red pepper
- Chili powder
- Cinnamon (powder/sticks)
- Cumin
- Garlic (fresh/dry)
- Ginger (fresh/dry)
- Onion Powder/granules
- Oregano (fresh/dry)
- Sea salts
- Turmeric (fresh/dry)

### The Extras:

- All spice
- Basil (fresh/dry)
- Bay leaf
- Cayenne pepper
- Cilantro (fresh) Coriander (dry)
- Cloves
- Curry
- Dill (fresh/dry)
- Lemon Pepper
- Marjoram
- Mint (fresh/dry)
- Mustard seeds
- Nutmeg (whole/ground)
- Paprika
- Parsley (fresh/dry)
- Rosemary
- Sage
- Thyme (fresh/dry)
- Za'tar

## Natural Sweeteners

### The Essentials:

- Dried fruits (dates, apricots, cranberries)
- Honey
- Maple syrup
- Sucanat or sugar in the raw
- Vanilla

### The Extras:

- Agave nectar
- Barley malt
- Blackstrap molasses
- Brown rice syrup
- Coconut sugar
- Date sugar
- Stevia

## Beverages

### The Essentials:

- Chamomile tea
- Green tea (plain/unsweetened)
- Nut or seed milk (almond/hemp/flax)
- Water (add fruits and/or herbs to flavor)

### The Extras:

- Birch water (Saap)
- Coconut milk
- Coconut water (Harmless Harvest)
- Coffee or Teeccino
- Kombucha (GT's)
- Teas (other varieties)
- Wine (red/white/rose – in moderation)

## Superfoods

### The Essentials:

- Acai (frozen)
- Goji berries
- Dried mulberries
- Hemp seeds or powder
- Maca powder
- Nutritional Yeast
- Raw cacao, powder or nibs

### The Extras:

- Bee Pollen
- Camu Powder
- Spirulina
- Wheatgrass

## **Other Pantry Favorites**

- Almond Flour
- Blue corn tortilla chips
- Capers
- Coconut Flour
- Crackers (Mary's Gone Crackers)
- Kimchi or sauerkraut (Bubbies)
- Olives
- Pickles
- Protein Powder (Garden of Life Raw Protein Powder)
- Quinoa Flakes
- Quinoa Flour
- Rice cakes
- Snack Bar (Larabar)
- Sprouted bread (Food For Life Ezekiel)
- Sun-dried tomatoes
- Tomato Sauce (and/or pasta sauce)
- Vegetable broth (low sodium/organic)
- 70% or more organic dark chocolate

## **My Favorite Fast & Frozen Foods:**

- Organic fruits and veggies
- Veggie and grain mixes (Engine 2 Plant-Strong)
- Acai packets (Sambazon)
- Edamame
- Veggie Burgers (Hilary's)
- Frozen entrees and pizzas (Amy's)
- Ice Cream (Cado)

## **EXTRA EXTRAS:**

### **Sea Vegetables (to try)**

- Dulse
- Hijiki
- Irish moss
- Kelp
- Kombu
- Nori: flakes, whole sheets
- Wakame

### **Butter, Dairy & Eggs (if applicable)**

- Butter/Ghee (clarified butter)
- Cheese (raw or goat/sheep)
- Eggs (organic/hormone free/free range)
- Yogurt/kefir (plain and unsweetened)