

Stocking A Healthy Kitchen

(Shopping List)

The following list offers some good, healthy options and a few product brands that are made with wholesome ingredients. This is a starting point. The *foods listed in italics refer to items probably found at the health food store, or health food section of the supermarket.* For fresh vegetables and fruits try a local Farmer's Market or organic produce grower and use what is in season. Have fun exploring new cuisine!

Grain/Cereal

- Brown rice, short grain
- Wild rice or dark rice mixes
- *Sprouted grain bread, buns, etc.*
- *Spelt noodles*
- *Other noodles*
- Cereal options
- Kashi:
 - Go Lean
 - Go Lean Crunch
 - Good Friends
- Nature's Path:*
- Multi Grain - oat bran flakes*
- Barbara's:*
- Shredded Oats*
- Arrowhead Mills:*
- Corn grits*
- Oatmeal*
- Bulgur*
- Pancake mix*
- Tostada or burrito shells
- Ry Krisp: rye crackers, low fat
- *Chips:*
- Garden of Eatin,*
- Sesame Blues

Produce

- FRESH:**
- Carrots
 - Onions
 - Celery
 - Broccoli
 - Cauliflower
 - Lettuce:
 - Romaine
 - Baby greens
 - Red leaf
 - Bibb
 - Sweet potatoes
 - Squash
 - Green beans
 - Tomatoes
 - Apples
 - Berries
 - Grapes
- DRIED:**
- Raisins
 - Other fruit
- RAW NUTS OR SEEDS:**
- *Sunflower*
 - *Almonds*
 - *Pecans*
 - *Walnuts*
 - *Pumpkin seeds*

Staples

- FRESH FISH:**
- Tuna
 - Salmon or patties
 - Other fish or seafood
- DAIRY:**
- Dannon yogurt plain or vanilla, active culture
 - Low fat cheese:
 - Feta or Farmers
 - Cottage cheese
 - Mozzarella
- FROZEN:**
- Boca burgers
 - Morningstar:
 - Burgers/patties
 - Chick patties
 - Soy sausage
- DRIED BEANS:**
- Lentils
 - Black
 - Garbanzo
 - Others

Canned

- JUICE:**
- V-8
 - *Fruit juices:*
 - Apricot*
 - Apple*
 - Blueberry*
 - Cranberry*
- BEANS:**
- Refried beans:
 - Black*
 - Pinto*
 - Kidney
 - Black
 - Chili
 - Garbanzo
- MISC:**
- Salad dressing
 - Special vinegars
 - Peanut butter, 100% peanuts
 - Apple butter, no sugar added
 - Tomato sauce
 - Picante' sauce
 - Tuna
 - Black olives
 - Artichokes

Misc.

- BEVERAGES:**
- Celestial S. Tea:
 - Zingers
 - Green
 - Peppermint
 - Decaf coffee
 - Water
- OILS:**
- X Virgin Olive
 - *Sesame*
 - *Canola*
- SEASONINGS:**
- *Bragg's liquid Aminos*
 - *Sea salt*
 - Italian herbs
 - Cumin
 - Garlic
 - Others
- BREAD:**
- *Ezekial Bread,* several types
 - Sprouted wheat bread and other