

GROCERY BASICS

STOCK

- Whole wheat flour
- Whole wheat bread
- Extra virgin olive oil
- Whole wheat pasta
- Honey and maple syrup
- Brown, red or black rice
- Whole grains (farro, quinoa, barley, etc.)
- Nuts and seeds
- Dried and frozen fruit
- Canned or jarred PURE tomato products with no sodium or sugar added
- Oats
- Unsweetened cocoa powder
- Whole fruits and veggies (fresh or frozen)
- Legumes (dried and canned)
- Lowfat milk or unsweetened nut/seed milk (almond, coconut, hemp, etc.)
- Eggs
- Plain yogurt
- Lean meats (chicken, lamb, turkey, etc.)
- Spices, black pepper and kosher salt
- Cheeses (in small amounts)
- Coffee and tea
- Seltzer

REMOVE

- All purpose or self-rising flour
- White bread
- Margarine, vegetable or canola oil
- Regular pasta
- White and brown sugars
- White rice
- Couscous
- Chips and pretzels
- Canned or jarred fruits in syrup
- Jarred tomato sauces and tomato products with sodium or sugar
- Packaged hot and cold cereals
- Chocolate bars or chocolate chips
- Canned fruits and veggies
- Cookies
- Crackers
- Sugary drinks, juices and sodas
- Candy
- Ice cream
- Beef, hot dogs, facon, etc.
- Anything with artificial sweeteners, artificial colors, artificial flavors, processed sugar, or any ingredients you can't pronounce.

PANTRY BASICS



EAT CLOSE TO NATURE

Concentrate on whole foods in their natural forms, such as fruits and vegetables. If it looks like it did when it grew from the earth, that's your cue that it's a healthier choice.

Strive to incorporate more greens and colorful veggies into your meals, if you can't get them fresh, frozen is great.

STOCK UP ON GRAINS

Whole grains are packed with nutrients and many are packed with fiber, too. Use brown rice, quinoa or bulgur as flavorful foundations.

Barley and brown rice are tasty, but take the better part of an hour to cook, so be sure to stock up on some quick-cooking varieties like bulgur or quinoa for busy days. (Frozen grains can be a lifesaver when you're pressed for time too.)

Don't stop at brown, red and black grains are also full of fiber and vitamins, give them a try.

GO NUTS

They may be small, but nuts and seeds pack a powerful wallop of flavor and texture. Although they tend to be high in fat (and, therefore, calories), it's primarily monounsaturated and polyunsaturated fat which will actually keep you satisfied longer, and they can also offer fiber, protein and a host of vitamins and minerals.



WATCH OUT FOR CEREALS

Processed cereals and grains are full of sugar, preservatives, and artificial flavors.

PROTEIN AND ENERGY BARS

Although protein bars are packed with energy, they're not as good for you as you think. They're often high in excess calories, sugar, fat and carbohydrates and are filled with an endless list of chemicals.

FRUIT JUICES

Seemingly harmless, all the bulk from the fruit is removed leaving just the sugary juice. Your body needs the bulk to keep your metabolism even, eat the fruit instead of drinking the juice.

CONDIMENTS

Even organic and low fat/fat free versions of your favorite condiments are bad. Ketchup is full of sugar and sodium. Mayonnaise and salad dressings contain lots of artificial ingredients. Even fat free salad dressing is loaded with artificial gums and ingredients (most salad greens are fat soluble, so you need a little fat to get the vitamins from your salad). And believe it or not, hot sauce contains lots of sodium (choose low sodium versions, or better yet, dice a fresh jalapeno for added kick).

FROZEN VEGGIE BURGERS

Most are highly processed and loaded with chemicals. Make your own and stock your freezer.

BOXED MAC AND CHEESE

The "cheese" powder is full of sodium, preservatives and artificial colors.

PACKAGED CHICKEN NUGGETS

You don't want to know what's in them.