



The Holistic Kitchen Cheat Sheet – What to have on hand, in your kitchen, to be able to eat nutritiously whenever you want. Add whatever *whole* foods you desire to make your kitchen even greater

### **Bulk Foods**

Chopped Walnuts

Sliced and whole Almonds

Raw sunflower seeds, cashews and pumpkin seeds

Chia Seeds

Flax seeds

Dried cranberries (frozen acai berries good to have too for acai bowls)

Cocoa nibs for baking

Oats

Rice – red, brown or black

### **Beans and Grains: Dried or Canned**

Black beans

Kidney beans

White Northern Beans (cannellini beans)

Garbanzo beans (chickpeas)

Lentils

Quinoa \* a versatile superfood

Millet

Wheatberry

Buckwheat

Barley

Repeat – oats, rice

### **Greens: Fresh is ideal and frozen for emergencies**

Kale and spinach

Lettuces- mix it up

Cucumbers

Celery

Broccoli/Cauliflower

Snappeas

Green beans

Mushrooms-try shitake they rock!

### **Fruit: Again fresh is better but frozen will do- watch the added sugar**

Berries Berries Berries (straw, black, red, blue, acai)

Did I mention berries?

Bananas for smoothies and nice cream and in your acai bowls

Apples

Oranges

Pineapple and melons when in season

Lemons and limes

Almond Milk

### **Sweeteners**

Pure maple syrup

Liquid stevia (powder is bleached)

Raw honey

### **Meat: This is where organic, free range, grass fed... matters**

Grass fed beef

Wild caught seafood

Free range, organic eggs

Free range organic chicken

### **Sauces/Liquids/Oils**

Extra virgin olive oil

Avocado oil

Coconut oil

Tahini

Soy sauce (coconut aminos)

Mustard

Coconut milk

Vinegars – balsamic, apple cider, white

Sesame oil

### **Herbs/Spices**

Turmeric

Ginger

Cinnamon

Rosemary

Basil

Garlic

Onion

Curry powder

Sea salt

Pepper grinder

Sage

Parsley

Cilantro

Cayenne

Oregano

You are all set now go shopping

Shoot me an email with something you made!!