

A Prepared Kitchen

- 1-2 bulbs garlic
- 3 onions (white and red)
- 1 bunch organic cilantro, mint, parsley (stored in water)
- 2-3 avocados
- 3-4 zucchini for zoodles
- 4-5 different root vegetables such as squash, beets, potato, sweet potato, parsnips, carrots
- 2-3 leeks and fennel
- Organic ginger and turmeric root
- Organic celery, bell peppers
- Large box of mushrooms
- Sprouts (e.g. broccoli, kale, radish) or microgreens
- Organic green leafy vegetables: spinach, collards (more Ca than broccoli), arugula
- Cruciferous veg like bok choy, brussel sprouts, broccoli, cauliflower, radish
- Fermented Vegetables: sauerkraut, kimchi
- Seasonal fresh fruit
- Lemons/Limes

produce

pantry goods

SEEDS/NUTS (I store in the fridge/freezer and try to buy all organic when I can)

- Chia seeds
- Hemp seeds
- Flax seeds
- Cashews
- Almonds
- Walnuts
- Sprouted pumpkin and sunflower seeds
- Tahini & sesame seeds

WHOLE GRAINS:

- Wild rice
- Red rice
- Organic rolled oats
- Buckwheat groats
- Millet
- Quinoa

NOODLES:

- Shirataki / kelp noodles
- mung bean noodles
- black bean noodles

LEGUMES (I prefer dried legumes and cook them in the instant pot, but tetra pack is good too. I try to avoid cans or use non-BPA lined cans when needed)

- Red lentils
- Black beans
- Navy beans
- Adzuki beans
- Mung dal
- Garbanzo beans

- Full fat coconut milk
- Broth (for soups or sautéing)
- Avocado oil (heated cooking) and extra virgin olive oil (low temperature, use for dressings etc)
- Coconut flour, Almond flour, oat flour (best stored in fridge)
- Pasture raised eggs

miscellaneous

sweeteners

- medjool dates
- Ceylon cinnamon
- dairy free chocolate chips
- maple syrup
- honey

SAUCES & CONDIMENTS:

- Coconut aminos and/Organic tamari (coconut aminos is sweeter than tamari and is soy-free)
- Organic miso and curry paste (keep refrigerated)
- Apple cider vinegar
- Organic hot sauce
- Paprika, Sumac, Mustard, Cardamom
- Cumin, Coriander, Fennel
- Turmeric (I like Diaspora and Burlap and Barrel)
- Dried herbs such as thyme, oregano, rosemary
- Cayenne pepper, Chili powder
- Nutritional yeast
- Onion and garlic powder
- Herbamare
- Dulse, Kombu
- Vanilla
- Raw cacao powder (Santa Barbara Chocolate)

in my freezer

- Wild/Organic Blueberries & preferred smoothie fruits
- Organic Spinach
- Peas/organic edamame
- Organic Cauliflower rice
- Wild caught cod/salmon (or preferred ethically raised animal protein source)