

Master Grocery List and Staples for your Pantry/Refrigerator

DRY STORAGE:

- Boxed Milks – Unsweetened* Almond, Soy, Hemp, Oat, etc.
- Unsweetened dried fruits: raisins, Turkish apricots, prunes, figs,
- Corn starch
- Dried chilies: Ancho, New Mexico, etc.
- Legumes: Dried beans, split peas and Lentils – variety of your choice.
- Wild rice
- Nuts: Walnuts, pistachios, pecans, raw-cashews, and almonds (can be toasted if desired and put in an airtight container in the freezer for extended shelf life.)
- Seeds: Sunflower, Pepitas/pumpkin seeds, Chia, Flax seed – (grind flax seed as needed and store in freezer or refrigerator for longer shelf life)
- Tea bags – black, green, herb, etc.
- 70% Dark chocolate
- Active dry yeast
- Baking Powder
- Baking Soda
- Cocoa Powder
- Cornstarch
- Espresso Powder
- 70% Dark Chocolate

GRAINS – WHOLE WHEAT

- 100% Whole grain wheat flour
- 100% Whole grain barley
- 100% Whole grain wheat berries
- 100% Whole Grain Brown Rice – short grain, whole long grain Basmati, etc.
- Farro
- Bulgur (cracked wheat)
- Spelt
- 100% Whole Rye
- Pastas – 100% whole grain wheat, Suggest different shapes and sizes for different meals.

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GRAINS – GLUTEN FREE

- Pastas - Whole grain brown rice, lentil, edamame, and chickpea pasta
- 100% Whole grain brown rice cakes
- Quinoa
- Oats
- Cornmeal
- Popcorn (without butter)
- Millet
- Buckwheat

CAN/BOTTLED/JAR GOODS:

- Apple Cider Vinegar
- Artichokes
- Balsamic Vinegar
- Beans – black, great northern, cannellini, pinto, garbanzo, etc. (look for reduced, or low sodium)
- Beets
- Capers
- Catsup ($\leq 2g$ sugar per serving)
- Dairy-free mayonnaise
- Dijon Mustard
- Distilled White vinegar
- Extra Virgin Olive Oil
- Hot sauce
- Jackfruit
- Nut Butters: Peanut, Almond, Cashew, Sunflower, Seed, etc. (Plain ground nut butter without added sugar or fat)
- Olives
- Pineapple Juice
- Pureed pumpkin
- Red wine vinegar
- Rice vinegar
- Roasted Red Peppers
- Sambol-Oelek (chili paste)
- Sherry vinegar
- Sweet chili sauce
- Tahini (ground sesame seed)
- Tamari/Soy sauce, Low sodium
- Tomatoes – diced, crushed, paste, tomato/pasta sauces (no sugar added)
- Vanilla extract
- Vegetable broth (cartons and/or Vegetable Base concentrates like Minor's)

HERBS AND SPICES

- Allspice
- Basil
- Black Pepper
- Caraway
- Cayenne
- Chile Powder
- Coriander
- Cinnamon
- Cloves, ground & whole
- Cumin
- Dill
- Dried Basil
- Dried Mustard
- Dried Parsley
- Fennel seeds
- Garam Masala
- Garlic
- Ginger, ground
- Kosher Salt
- Mustard, dry
- Nutmeg
- Oregano
- Paprika
- Parsley
- Red Pepper Flakes
- Rosemary
- Smoked Paprika
- Thyme
- Turmeric

REFRIGERATED

- Asparagus
- Beets
- Berries
- Bok Choy/Leeks
- Broccoli
- Brussels Sprouts
- Cauliflower
- Celery
- Citrus – lemons, limes, oranges, grapefruit
- Eggplant
- Flax seed
- Fresh herbs like basil and rosemary
- Leafy Greens – spinach/kale/arugula/swiss chard
- Grapes
- Mushrooms
- Tempeh, plain
- Tofu – plain, silken and extra firm
- 100% Pure Maple Syrup
- Zucchini/Summer squash

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FROZEN

- Bread/ pita/ wraps – until ready to use, then stored at room temperature in a plastic bag. (100% whole wheat or gluten free)
- Flour – 100% whole wheat, 100% whole wheat pastry, gluten free (almond, chickpea)
- Raisin reduction
- Frozen fruit – peeled ripe bananas, grapes, berries, mixed fruit etc.
- Frozen vegetables – assorted
- Frozen toasted nuts

COUNTERTOP FRUITS AND VEGETABLES

- Apricots
- Avocado
- Bananas
- Kiwi
- Mango
- Peaches/nectarines
- Tomatoes
- Pears

COOL AND DRY PLACE FRUITS AND VEGETABLES

- Butternut and Acorn Squashes
- Onions
- Garlic
- Potatoes, all varieties
- Rutabaga
- Shallots

ANIMAL PRODUCTS

- Eggs
- Fish, fresh, frozen, pickled and canned, Herring, sardines, salmon, trout
- Chicken and turkey,
white meat only

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