



Kitchen Staples

Fridge

- Super greens
- Grass fed-finished ground beef/chicken
- Fresh fruit
- Fresh vegetables
- Lemons/limes
- Oil-free dressings
- Organic eggs
- Fat-free hummus
- Salsa

Freezer

- Frozen fruit
- Frozen veggies

Pantry

- Nutritional yeast
- Organic fat-free refried beans
- Organic canned corn
- Organic oil free pasta sauce
- Gluten free pasta
- Basmati rice (California)
- Organic oat milk
- Cinnamon
- Organic maple syrup
- Monk fruit
- Tortilla
- Simple Mills crackers
- Lily's Chocolate Chips
- Coconut aminos
- Organic peanut butter
- Gluten free crackers
- Gluten free old-fashioned oats
- Steel-cut oats
- Chia seed
- Trader Joes vegetable stock
- Gluten free all-purpose flour
- Organic honey
- Organic coconut milk
- Quinoa
- Honey
- Apple cider vinegar (w/ the Mother)
- Cashews