

Madelyne Beckles

# HOLISTIC HEALTH

Offering Nutrition and Lifestyle Guidance



GROCERY LIST



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*Fish: ideally wild-caught, low mercury*

- Wild Alaskan sardines
- Halibut
- Trout
- Arctic char
- Salmon
- Tilapia
- Anchovies
- Mackerel
- Perch
- Pickrel
- Whitefish
- Snapper

*Poultry: free-range, antibiotic-free, hormone-free, grain-fed, ideally organic*

- Chicken (whole bird, thighs, breasts, ground)
- Turkey (breasts, ground)

*Red meat: grass-fed, antibiotic-free, hormone-free, ideally organic*

- Beef (steak, roasts, stewing beef, ground)
- Sausage (filler and preservative-free)
- Pork (ground, shoulder, chop)
- Lamb (ground, chop, loins)

*Eggs: free-range, antibiotic-free, hormone-free, grain-fed, ideally organic*

*Dairy: ideally organic*

- Goat Cheeses (feta, chevre, mozzarella, cheddar)
- Buffalo mozzarella
- Parmesan
- Pecorino
- Grass-fed Butter
- Yogurt



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## *Legumes: BPA-free if canned*

- Black beans
- Chickpeas
- Lentils
- Cannellini beans
- Navy beans
- Kidney beans
- Pinto beans
- Tofu
- Tempeh

## *Seeds:*

- Chia seeds
- Flaxseeds
- Hemp seeds
- Pumpkin seeds
- Sunflower seeds
- Sesame seeds
- Tahini

## *Nuts: raw, or lightly dry roasted, unsalted*

- Almonds
- Walnuts
- Pecans
- Cashews
- Pinenuts
- Hazelnuts
- Coconut

## *Whole Grains*

- Brown rice
- Brown rice noodles
- Soba noodles
- Buckwheat
- Millet
- Oats
- Quinoa
- Red, pink or black rice
- Wild rice

## *Fats*

- Olive oil
- Coconut oil
- Ghee
- Avocado oil
- Walnut oil
- Flaxseed oil
- Sesame Oil

## *Leafy Greens*

- Bok choy
- Broccoli
- Broccoli rabe
- Cabbage
- Cauliflower
- Collard greens
- Dandelion greens
- Kale
- Lettuce (romain, red or green leaf, arugula)
- Mustard greens
- Radicchio
- Swiss chard
- Spinach
- Sprouts: sunflower, pea, broccoli

## *Starchy Vegetables*

- Beets
- Parsnips
- Potatoes
- Sweet potato
- Squash (delicata, pumpkin, acorn, honey-nut, butternut, spaghetti)

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## *Non-starchy or Water Containing Vegetables*

- Asparagus
- Bell pepper
- Carrot
- Celery
- Cucumber
- Endive
- Eggplant
- Fennel
- Green beans
- Leeks
- Mushrooms
- Olives
- Onions
- Peas
- Peppers
- Sea vegetables
- Snow peas
- Sugar snap peas
- Tomato
- Zucchini

## *Herbs*

- Basil
- Chives
- Cilantro
- Dill
- Parsley
- Oregano
- Rosemary
- Tarragon
- Thyme

## *Berries*

- Blackberries
- Blueberries
- Raspberries
- Strawberries

## *Citrus*

- Lemon
- Lime
- Grapefruit
- Clementine
- Tangerine
- Mandarin
- Orange

## *Additional Fruits*

- Apple
- Apricot
- Banana
- Cherries
- Cranberries
- Figs
- Kiwi
- Mango
- Mandarine
- Nectarine
- Peach
- Pear
- Pineapple
- Plum
- Pomegranate

## *Vinegar*

- Apple cider vinegar
- Champagne vinegar
- Red wine vinegar
- Rice vinegar
- Sherry vinegar
- White wine vinegar

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## *Spices*

- Garlic
- Ginger
- Turmeric
- Allspice
- Black pepper
- Caraway
- Cardamom
- Cayenne
- Cinnamon
- Clove
- Coriander (seed or powder)
- Cumin (seed or powder)
- Curry (leaves and powder)
- Fennel Seed
- Garam Masala
- Mustard Seed
- Sumac
- Za'atar

## *Beverages*

- Bone or vegetable broth (low-sodium organic, or homemade)
- Carbonated water (plain or flavoured, unsweetened, no artificial ingredients)
- Coconut water
- Coffee (organic, fair trade)
- Dandy blend
- Filtered Water - with lemon/ginger/mint/cucumber
- Green tea
- Green juice (fresh pressed)
- Herbal tea (organic, loose leaf)
- Kombucha
- Matcha
- Nut milk
- Prebiotic sodas
- Shrubs (vinegar, fruit and herbal concentrates)

## *Condiments*

- Harrisa
- Mustards (grainy, dijon, horseradish)
- Preserves
- Salsa (organic)
- Sriracha (organic)
- Tahini
- Tamari

## *Fermented foods*

- Miso
- Yogurt
- Kimchi
- Pickled vegetables
- Sauerkraut

## *Sweeteners*

- Dates
- Applesauce (organic, no added sugar)
- Honey
- Maple syrup
- Coconut sugar

## *Good to Have*

- Almond Flour
- Bee Pollen
- Chlorella
- Coconut products (milk, cream, flakes, flour)
- Nut and seed butters
- Seaweeds (nori, dulse, wakame, kombu)
- Spirulina
- Unsweetened dark baking chocolate