



## Healthy Freezer & Pantry Basics

### Grocery List

Ok, now that the bad food is out of your kitchen (or at least hidden), let's look at some **HEALTHY ALTERNATIVES** to keep stocked in your kitchen that will help support you on your healthy eating journey. These are everyday foods that you can find in most any grocery store and they are the key to eating healthy food easily.

### HEALTHY FREEZER BASICS

PROTEIN	VEGETABLES	FRUIT
Beef, 100% grass-fed	Broccoli	Blueberries
Chicken breasts	Carrots	Cranberries
Fish, wild-caught & vacuum-packed	Cauliflower	Peaches
Turkey breast, ground*	Collard or Turnip greens	Pineapple
	Okra	Raspberries
	Spinach	Strawberries

\*at least 95% fat-free

**REMEMBER:** It's best to avoid regular consumption of corn and potatoes; they are starchy and will cause spikes in glucose and insulin, so eat them sparingly. Additionally, corn is a grain and less nutritious than colorful vegetables.

### HEALTHY PANTRY BASICS\*

HEALTHY PROTEIN	HEALTHY CARBOHYDRATES	HEALTHY FATS
Anchovies	Artichoke hearts	Coconut milk, canned
Chicken breast	Mushrooms, dried	Coconut oil, unrefined
Nuts, raw (almonds, cashews, pecans, walnuts, etc)	Pickled mixed vegetables (giardiniera)	Nuts, raw
Salmon (not "Premium")	Roasted red peppers	Olive oil, Extra-virgin
Sardines	Sun-dried tomatoes	Olive oil, Light
Tuna	Tomatoes, tomato sauce, tomato paste	Olives, green and black

\*These are usually canned or jarred. Be careful when buying sun-dried tomatoes jarred in oil, the oils used for packaging them usually contain canola oil (higher in inflammatory omega-6 fatty acids) so be sure to read the labels; drain and rinse well before using.