



The Holistic Kitchen Cheat Sheet – What to have on hand, in your kitchen, to be able to eat nutritiously whenever you want. Add whatever *whole* foods you desire to make your kitchen even greater

Bulk Foods

Chopped Walnuts Sliced and whole Almonds Raw sunflower seeds, cashews and pumpkin seeds Chia Seeds Flax seeds Dried cranberries (frozen acai berries good to have too for acai bowls) Cocoa nibs for baking Oats Rice – red, brown or black

Beans and Grains: Dried or Canned

Black beans Kidney beans White Northern Beans (cannellini beans) Garbanzo beans (chickpeas) Lentils Quinoa * a versatile superfood Millet Wheatberry Buckwheat Barley, oats, rice

Greens: Fresh is ideal and frozen for emergencies

Kale and spinach Lettuces- mix it up Cucumbers Celery Broccoli/Cauliflower Snap peas

Green beans Mushrooms-try shitake they rock!

Fruit: Again fresh is better but frozen will do- watch the added sugar

Berries Berries Berries (straw, black, red, blue, acai) Bananas for smoothies and nice cream and in your acai bowls Apples Oranges Pineapple and melons when in season

Lemons and limes

Almond Milk

Sweeteners

Pure maple syrup Liquid stevia (powder is bleached) Raw honey

Meat: This is where organic, free range, grass fed... matters

Grass fed beef Wild caught seafood Free range, organic eggs Free range organic chicken

Sauces/Liquids/Oils

Extra virgin olive oil Avocado oil Coconut oil Tahini

Soy sauce (coconut aminos) Mustard Coconut milk Vinegars – balsamic, apple cider, white Sesame oil

Herbs/Spices

Turmeric Ginger Cinnamon Rosemary Basil Garlic Onion Curry powder Sea salt Pepper grinder Sage

Parsley Cilantro Cayenne Oregano

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