



DELICIOUS ALTERNATIVES

Customized Menu Planning, Recipes, Rotation, and Elimination Diets
with Nutrition Coach Shirley Plant

Restocking Your Pantry, Fridge, and Freezer

Fruit and Vegetables: Stick to the outside aisles in the grocery store and buy fresh fruits and vegetables: lettuce, arugula, spinach, cucumber, celery, green onions, bok choy, cilantro, green beans, zucchini, red peppers, carrots, cauliflower, broccoli, celery root, avocado, tomatoes, squash, turnip, eggplant, lemons, limes, fresh or frozen fruit.

Meats, Poultry and Fish: Fresh meats, poultry and fish- beware of pre-packaged meats and fish as they may contain additives, breadings and preservatives.

Check with a local farmer to see if you can go in with some friends or neighbours to buy chickens, or a meat order- it is a way to support local farmers and save money.

Canned Beans and Vegetables: Dry beans and legumes are usually cheaper than canned and can be soaked and cooked in a slow cooker. If buying canned beans and vegetables check the label to make sure there are no added sugars or preservatives and look for BPA free cans.

Nut and Seed Butters: These are great to have on hand to make cookies, protein balls, add to smoothies, spread on cut up apples, banana or pears. Try almond, cashew, macadamia, pecan, pumpkin, sesame (tahini) and sunflower butter.

Nuts and Seeds: nuts and seeds are super to have on hand for snacks- opt for the raw version not roasted or candied. Hempseed, chiaseed and flaxseed are super to add into your diet.

Oils: Olive, coconut, avocado, walnut, hemp, flax oil are super healthy. If you buy canola oil make sure it is organic as it is a GMO crop.

Grains: Quinoa, millet, brown rice, and wild rice are good to have on hand

Pasta: Pre-packaged pasta is empty calories, especially regular or whole wheat pasta and will spike your blood sugar. Try quinoa and brown rice mixed together or amaranth and other grains.

Condiments: Check ingredients and stay away from those with added sugars and preservatives. Stick with mustard, gluten- free soy sauce (tamari) sauerkraut, kimchi, apple cider vinegar- please stay away from Ketchup, it is mostly sugar.

Sea Salt: buy a good quality Celtic sea salt or pink Himalayan salt which contains the trace minerals our bodies need. Table salt contains sugar and is refined and bleached.

Sweeteners: opt for raw honey, maple syrup, coconut sugar or simply use fruit to sweeten.

Stay away from sodas, fruit juices, pop and flavoured coffees

What you'll find in my fridge:

Coconut milk	Zucchini
Almond Milk	Green Onions
Eggs	Carrots
Lettuce	Red Pepper
Cilantro	Organic Apples
Cabbage	Applesauce
Celery	Apple Butter
Cucumber	Ginger
Spinach	Lemons
Kale	Flaxseed
Sprouts	Chia Seed
Hempseed	Dates
Nut Butters	Seed Butters
Mayonnaise	Mustard
Raw Nuts	Raw Seeds
Almond Flour	Avocado Oil
Grapeseed Oil	Maple Syrup

(I keep nuts in the fridge or freezer so they don't go rancid)

What you'll find in my freezer:

Strawberries	Blueberries
Raspberries	Peaches
Bananas	Vegetables
Homemade Soup	Cranberries
Homemade Chicken and Beef Stock	Coconut Ice Cream
Grass Fed Meats	Organic Chicken
Ice cubes	Nitrate Free Sausages

What you'll find in my spice rack: sea salt, pepper, savoury, sage, coriander, cinnamon, basil, oregano, thyme, cumin, turmeric, curry, nutmeg, cardamom, cloves, mustard, cream of tartar, vanilla, baking soda, baking powder, guar gum, xanthan gum

What you'll find in my pantry: nut and seed butters, apple sauce, tamari (wheat free soy sauce), toasted sesame oil, canned coconut milk, vanilla, honey, brown rice syrup, coconut nectar, canned pumpkin, canned organic tomatoes, organic pasta sauce, tomato paste, brown rice pasta, dried red lentils, dried brown lentils, canned chickpeas, canned navy beans, dried beans, organic brown rice cakes, corn starch, tapioca starch, arrowroot starch, potato starch, brown rice flour, chickpea flour, teff flour, quinoa flour, gf oats, quinoa, quinoa flakes, millet, brown rice, white basmati rice, coconut oil, olive oil, camelina oil, homemade flax crackers

Prepackaged snack items- Lundberg rice chips, sesame rice crackers, Simply Sprouted Way Better sweet potato chips, Beanitos black bean chips and organic potato chips

What appliances I use the most:

Vitamix blender

Omega Juicer

Excalibur 4 tray dehydrator

Stove

Kettle

Toaster