

# The Ultimate Whole Foods Kitchen Guide

BUILDING A HEALTHY PANTRY FOR NUTRITIOUS AND DELICIOUS MEALS

## Whole Foods Kitchen Essentials

Creating a well-stocked whole foods kitchen is the cornerstone of healthy and delicious meals. Here is a comprehensive guide to help you fill your pantry and fridge with the essentials. Check off each item as you stock up!

### Fresh Fruits

- Apples
- Bananas
- Oranges
- Berries
- Lemons
- Limes

### Frozen Fruits

- Blueberries
- Mango chunks
- Pineapple
- Peaches
- Cherries
- Strawberries

### Vegetables

- Kale
- Baby arugula
- Broccoli
- Carrots
- Bell peppers
- Celery
- Radishes
- Sweet potatoes
- Winter squash
- Onions
- Garlic
- Green onions
- Parsley
- Cilantro
- Frozen peas
- Frozen riced cauliflower

### Nuts & Seeds & Dried Fruit

- Almonds
- Walnuts
- Cashews
- Pecans
- Sesame seeds
- Chia seeds
- Flaxseeds
- Sunflower seeds
- Pumpkin seeds (pepitas)
- Tahini (sesame butter)
- Almond butter
- Peanut butter (organic)
- Medjool dates
- Dried currants
- Dried cranberries (sugar-free)
- Dried apricots (organic unsulfured)

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## Meats and Fish

- Chicken breasts
- Whole organic chicken
- Salmon fillets
- Ground turkey
- Ground lamb
- Beef steaks
- Organic eggs
- Frozen wild shrimp
- Frozen wild cod

## Healthy Essentials

- Dijon mustard
- Wheat-free tamari
- Coconut aminos
- Sugar-free sriracha
- Raw sauerkraut
- Sugar-free organic jam
- Pure maple syrup
- Raw honey
- Coconut sugar

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## Whole Grains

- Brown rice
- Black rice
- White basmati rice
- Quinoa
- Rolled oats
- Brown rice pasta

## Legumes (Dried & Canned)

- Red lentils
- Black lentils
- Chickpeas
- Black beans
- Kidney beans
- Pinto beans

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## Healthy Oils

- Extra virgin olive oil
- Coconut oil
- Avocado oil
- Sesame oil
- Organic butter

## Vinegars

- Apple cider vinegar
- Balsamic vinegar
- Red wine vinegar
- White vinegar
- Brown rice vinegar

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## Spices

- Sea salt
- Herbamare
- Black pepper
- Dried thyme
- Dried oregano
- Dried basil
- Dried dill
- Smoked paprika
- Paprika
- Chipotle chili powder
- Cinnamon
- Ground cumin
- Ground turmeric
- Ground ginger
- Ground cardamom
- Ground coriander
- Garlic powder
- Onion powder
- Pumpkin pie spice
- Chili powder

*nourishing* MEALS