

MARY K'S KITCHEN STAPLES

This is by no means a comprehensive list and does not include impulse buys like delicious cookies! Please visit my website itsmaryk.com to download a copy.

Produce (fresh or frozen)	
2-3 Fruits	Apples, Bananas, Grapes, Avocados, Pears, Pineapple, Oranges, Berries
1-2 Leafy Vegetables	Spinac, Kale, Arugula, Collard Greensh
3-4 Crunchy Vegetables	Green Beans, Onions, Peppers, Broccoli, Tomatoes, Carrots, Sweet Potatoes, Zucchini, Brussels Sprouts

Grains (Whole Wheat if possible)	
Bread	Tortilla
Quinoa	Oatmeal
Brown rice	Granola
Pasta	

Condiments	
Peanut Butter	Marinara
Almond Butter	Mustard/honey mustard
Extra Virgin Olive Oil	Trader Joe's Soyaki Sauce
Honey	Vinaigrette
Ghee	Ranch
Hummus	Pickles
Salsa	

Baking/Spices		
Almond or Coconut Milk	Seasoning	Chili powder
Trader Joe's Everything But the Bagel Seasoning	Garlic	Brown sugar
	Cinnamon	Chocolate chips
Trader Joe's Everyday Seasoning	Paprika	Chia seeds
	Turmeric	

Protein
Eggs
Chicken
Ground Turkey
Grass-fed Beef
Salmon
Greek Yogurt

Canned/Packaged
Beans
Chickpeas
Tomato sauce
Lentils
Tea
Collagen Peptides Unflavored Protein
Bone Broth

Snacks
Almonds
Popcorn
Pretzels
Tortilla Chips
Protein bars
Graham crackers