

MY GROCERY STAPLES



LET'S GET WELLTHY TOGETHER
Get Wellthy with Cortney

THE BALANCED PLATE



THE LIST

The Meat of It

- Salmon, try for wild caught
- Haddock/ Cod Fish
- Oysters - an amazing source of iron
- Canned Tuna
- Shrimp (Peeled and Deveined)
- Tofu
- Chicken (free-range & local if you can get it)
- Beef (grass-fed/finished & local if you can get it)

Fruits and Veggies

- Bananas
- Apples
- Mangos
- Lemons
- Limes
- Papaya
- Grape Tomatoes
- Strawberries
- Blueberries
- Raspberries
- Pineapple
- Avocados
- Red Onion
- White Onion
- Broccoli
- Asparagus
- Carrots
- Zucchini
- Salad Mix (I like the Olivias Organic)
- Spinach
- Arugula
- Dinosaur Kale
- Kale (Check out my kale chip recipe)
- Ginger
- Cilantro
- Parsley
- Green Onion/ Scallions
- Mushrooms
- Bell Peppers
- Sweet Potatoes
- Cauliflower
- Celery
- Sprouts (Pea and/or broccoli)
- Garlic

Sweets

- Honey (local)
- Dark chocolate
- Dates
- Shredded Coconut
- Vanilla Extract
- Maple Syrup
- Cacao Nibs
- Cacao Powder

Healthy Carbs

- Chickpea pasta
- White and brown rice
- Quinoa
- Pearl Couscous
- Oats
- Buckwheat Cereal
- Chickpea
- Beans - black, kidney, pinto, black eye, navy
- Rice cakes (sugar free)
- Flour; almond, buckwheat and oat are all great options over white bleached flour

Dairy

- Raw dairy is best if you consume dairy
- Plant based milks are a great option, look for the least amount of ingredients as possible (Malk and Three Trees)
- Cheese, look for raw cheeses that are grass fed and pasture raised
- Coconut or Almond Milk Yogurt
- Grass Fed Butter, Ghee

Healthy Fats

- Coconut oil
- Olive oil (cold-pressed)
- Avocado oil
- Nut butters; peanut, sunflower, almond butter
- Nuts: almonds, cashews, walnuts, Brazil nuts, pecans
- Tahini

Spices & Teas

My spice drawer is extensive but here is what I always make sure to have on hand:

- Garlic Powder
- Chipotle Chili
- Himalayan Sea Salt/ Celtic Sea Salt
- Coconut Aminos
- Gluten Free Soy Sauce
- Adobe chili paste
- Turmeric
- Saigon Cinnamon
- Herbal teas: chamomile, green tea/ matcha, nettle. Sometimes you can find great tea blends at your local apothecary
- Pukka Teas is one of my favorite brands

Add-Ons

- Spirulina
- Hemp seeds
- Nutritional Yeast
- Flax seeds
- Maca Powder
- Apple Cider Vinegar
- Acai
- Chia Seeds
- Elderberry
- Ashwagandha
- Organic coffee
- Dandelion