

Staples Shopping Guide

This is how I stock my kitchen:

Have?	Produce	Brand purchase/Notes
	Onions	
	Garlic - minced in a jar	
	Hummus	Found in the produce section used as a dip/sandwich spread
	Guacamole	Found in the produce section used as a dip/sandwich spread
	Salsa	Add corn, black beans and/or avocado to your salsa for a treat!
	Select 3-5 Seasonal Fruits and Vegetables to snack on...	
	Apples, Bananas, Grapes, Clementines, Kiwi, Blueberries, Cranberries, Grapefruit, Pears, Plums, Raspberries, Strawberries, Watermelon, Muskmelon, Peaches	
	Carrots, Cucumbers, Tomatoes, Sweet Potatoes, Snap Peas, Radishes, Kohlrabi, Corn, Peppers, Kale, Spinach, Asparagus, Celery, Squash, Yams, Romaine Lettuce, Green Beans	
	Your choices are endless - stock up and enjoy all the fresh and frozen fruits and vegetables you can!	

Have?	Dairy	Brand purchase/Notes
	Whole Milk	Direct from Autumnwood Farm - Non-Homogenized Whole Milk
	Cheese Sticks	Horizon - Cheddar - Mozzarella
	Parmesan Cheese	Horizon
	Cheddar Cheese	Horizon
	Mozzarella Cheese	Horizon
	Feta Cheese	
	Eggs	
	Greek Yogurt	Fage 2%
	Yogurt on the Go	Stonyfield YoKids Squeezers or Simply GoGurt
	Butter	Unsalted Butter - You can add your own salt

Have?	Meat	Brand purchase/Notes
	Beef - Ground	Thousand Hills Grass Fed - 80/20 Fat
	Poultry	Boneless, Skinless - Generic Brand
	Bacon	Applegate Naturals
	Turkey Meatballs	Generic Brand - Frozen section
	Shrimp	Simply Balanced - Frozen section
	Salmon	Wild Caught
	Hot Dogs	Applegate Naturals
	Lunch meat	Applegate Naturals

Have?	Grains	Brand purchase/Notes
	For Grains choose Multi Whole Grain products.	
	Penne Noodles	Bella Terra 8 Whole Grain Pasta w/ Milled Flaxseed found at Cub
	Brown Rice Noodles	Thai Kitchen
	Quinoa Noodles	Ancient Harvest/Simply Balanced
	Quinoa	Simply Balanced
	Rolled Oats	Simply Balanced has a rolled oats and quinoa blend
	Rice Blend	Blend of White, Brown, Wild, etc. - Simply Balanced
	Jasmine Rice	Botan Calrose Rice/Simply Balanced
	Bread	Silver Hills Sprouted Bakery or Food for Life Ezekiel 4:9
	Bread found in the Bakery or Freezer section is typically healthier. For longer shelf life it should be stored in the refrigerator.	

Have?	Canned Goods	Brand purchase/Notes
	Tomato Sauce	Muir Glen or Simply Balanced
	Diced Tomatoes	Muir Glen or Simply Balanced
	Chicken Stock	Reduced Sodium - Pacific or Simply Balanced
	Beef Stock	Reduced Sodium - Pacific or Simply Balanced
	Green Beans	
	Beans	No Salt Added Simply Balanced (Black/Kidney)
	Spaghetti Sauce	Classico Fire Roasted
	Alfredo Sauce	Classico
	Pizza Sauce	Classico
	Tuna	
	Chicken	
	Bacon Bits	Real Bacon Bits
	Jam/Jelly	Smuckers Simply Fruit
	Peanut Butter	Old Home 100% All Natural or Simply Balanced

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Have?	Oils, Vinegars...	Brand purchase/Notes
	Extra Virgin Olive Oil	
	White Wine Vinegar	
	Balsamic Vinegar	
	Apple Cider Vinegar	
	Reduced Sodium Soy Sauce	Kikkoman
	Coconut Oil	Great substitute for canola oil in baking.
	Ketchup	Annie's Organic
	Mustard	
	Fish Sauce	A Taste of Thai
	Pure Maple Syrup	
	Pure Honey	
	Teriyaki Sauce	Kikkoman
	100% Lemon Juice	

Have?	Baking/Spices/Herbs	Brand purchase/Notes
	Coconut Spray	PAM sells a Coconut Spray
	Coconut Sugar	Simply Balanced
	White Whole Wheat Flour	King Arthur Flour
	Sea Salt	Himalayan Pink Salt - we use Sea Salt for everything
	Black Pepper	
	Garlic Powder	
	Chili Powder	
	Italian Seasoning	
	Oregano	
	Rosemary	
	Thyme	
	Sage	
	Basil	
	Lemon Peel	Found at Cub
	Orange Peel	Found at Cub
	Unsweetened Cocoa Powder	Ghirardelli
	Chocolate Chips	Ghirardelli Dark Chocolate Chips or 60% Cacao Bittersweet Chips

Have?	Cereal	Brand purchase/Notes
	Cinnamon Crunch	Cascadian Farm
	Graham Crunch	Cascadian Farm
	Honey Toasted Cereal	Kashi
	Cinnamon Harvest Shredded Wheat	Kashi
	Multigrain Cheerios	
	Multigrain Hot Cereal/Old Fashion Oatmeal	Simply Balanced has a rolled oats and quinoa blend

Have?	Snacks/Kids Quick Meal	Brand purchase/Notes
	Chewy Granola Bars - Peanut Butter/Berry	Annie's
	Cereal Bars	Simply Balanced
	Pita Chips - Sea Salt/Multigrain w/ Flaxseed	Simply Balanced
	Tortilla Corn Chips	Simply Balanced, Way Better, Simply Tostitos
	Funley's Super Crackers - Individual pouches comparable to Cheez-it	
	Snack Size Raisins	
	Raw Nuts: Almonds, Pistachios	We buy our nuts at Fleet Farm
	Applesauce pouches	No sugar added
	Macaroni and Cheese	Annie's
	Bernie O's	Annie's
	Pizza Bites	Annie's
	Frozen Pizza	California Pizza Kitchen
	Hershey's Dark Chocolate Nuggets	