



# STOCKING YOUR ELIMINATION DIET KITCHEN

## YOUR ESSENTIAL GROCERY SHOPPING GUIDE

### WHOLE GRAINS

- Brown Rice  
*(preferably organic and sprouted)*
- White Jasmine Rice
- Wild Rice
- Quinoa
- Amaranth

### GLUTEN-FREE FLOURS

- Blanched Almond Flour
- Coconut Flour
- Brown Rice Flour  
*(preferably organic and sprouted)*
- Quinoa Flour
- Amaranth Flour
- Arrowroot Powder  
*(from a gluten-free facility)*
- Garbanzo Bean Flour  
*(preferably organic and sprouted)*

### LEGUMES

- Black Beans
- Garbanzo Beans
- Adzuki Beans
- Mung Beans
- White Beans
- Lima Beans
- Pinto and Pink Beans

### MEATS & FISH

- Organic whole chickens, chicken breasts, and thighs
- Organic bone-in turkey breasts or thighs, ground turkey
- Organic ground lamb, lamb chops, or stew meat
- Anchovies
- Wild Salmon
- Black Cod
- Wild Scallops

### FRUITS

- Apples
- Apricots  
*(fresh or dried with no added preservatives)*
- Bananas
- Berries (blueberries, blackberries, raspberries, strawberries)

- Medjool Dates  
*(dried or fresh with no preservatives or additives)*
- Cherries
- Figs *(fresh and dried)*
- Grapes
- Melons
- Nectarines and Peaches
- Papayas *(organic and GMO-free only)*
- Plantains
- Pineapple
- Pears
- Plums
- Pomegranates

### VEGETABLES

- Artichoke
- Asparagus
- Avocados
- Beets
- Bok Choy
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celeriac
- Celery
- Chard
- Cilantro (Coriander)
- Collard Greens
- Cucumber
- Fennel
- Garlic
- Ginger root
- Jerusalem Artichoke (Sunchoke)
- Kale
- Lettuce *(all varieties except iceberg)*
- Mizuna
- Mushrooms
- Mustard Greens
- Onions
- Parsley
- Parsnip
- Peas (sugar snap, snow, frozen, and dried split)
- Pickles *(homemade without peppers)*

- Pumpkin
- Rutabaga
- Spinach
- Sweet Potatoes
- String Beans
- Turnips
- Winter Squash *(all varieties)*
- Watercress
- Yams
- Zucchini

### SEA VEGETABLES

- Nori
- Kombu
- Hijiki
- Arame
- Dulse

### SEEDS & BUTTERS

- Raw Hemp Seeds
- Raw Chia seeds
- Raw Pumpkin Seeds
- Raw Sunflower Seeds
- Raw Pumpkin Seed Butter

### HERBAL TEAS

- Chamomile
- Nettle
- Mint
- Rose
- Tulsi (holy basil)
- Rooibos
- Dandelion Root
- Valerian
- Ginger
- Lemon Balm
- Slippery Elm
- Licorice
- Astragalus
- Burdock

### DRIED HERBS & SPICES:

- Whole Black Peppercorns
- Whole Bay Leaves
- Ground Cardamom
- Ground Cumin and cumin seeds
- Ground Coriander

- Ground Cinnamon and whole sticks
- Turmeric
- Ground Ginger
- Ground Nutmeg
- Dried Oregano
- Dried Thyme
- Dried Dill

### OILS & VINEGARS

- Extra Virgin Olive Oil
- Virgin Coconut Oil
- Raw Organic Apple Cider Vinegar
- Raw Organic Coconut Vinegar

### SWEETENERS:

- Coconut Sugar
- Pure Maple Syrup
- Raw Honey

### OTHER INGREDIENTS

- Raw Organic Vanilla Powder
- Raw Coconut Butter
- Coconut Milk *(canned, organic)*
- Coconut Aminos
- High-Quality Sea Salt
- Herbamare

