



BONUS: Personalized Grocery Shopping & Pantry Checklist

Overview

We've created this personalized grocery shopping checklist for you to take the stress and time out of grocery shopping.

One of the biggest benefits of shopping with a Grocery List is that it massively reduces your chances of succumbing to temptations and impulse purchases. Just work your way through the list in the store with a pen, ticking off each purchase (with focused determination!). And then, if you like, go and buy yourself 1 additional treat item that you absolutely love (preferably in a single serve) when you are done.

The List also shows you what your groceries look like if you are practicing the Homemade Principles and shopping for optimum health & weight. Note that there are no processed, refined foods on there - and not many things that have more than 1 ingredient. If you shop & eat like this, you will achieve your optimum weight & health over time. Best of all, the list is DELICIOUS: no dieting or deprivation needed!

How to use the Grocery Checklist?

List 1 is a list of groceries that you might buy on a weekly or bi-weekly basis. Print out the list and bring it with you to the store. The list is broken up into categories which both shows you the food groups you are shopping for, as well as being convenient because it helps you to navigate around the store. The column on the left describes the category and also recommends selecting a certain number of varieties of the items in the middle column, so you can personalize your choices. The final column tells you what is a single serving size of each ingredient (it is a guide only; see our footnote under table 1).

List 2 meanwhile is a list of pantry basics that we recommend you stock up on. These are non-perishable ingredients that you will need for cooking such as spices, sauces, oils & vinegars. There is a bit of financial outlay initially to purchase the pantry basics, but most of these items have a long shelf life of up to 1 year and will last a long time.

LIST 1: Personalized Weekly or Bi-Weekly Grocery Shopping List

CATEGORY	ITEM	AMOUNT (1 serve)*
<p>PROTEINS</p> <p><i>Select 4-5 of the following</i></p> <p><i>(including at least 2 vegetarian options)</i></p>	<ul style="list-style-type: none"> - Chicken Breast, boneless & skinless - Steak - Salmon, Tuna or White Fish, fresh or tinned - Shrimp or shellfish - Ground Lamb or Beef, lean - Pork tenderloin or chop (trimmed) - Ham, Turkey Breast or Prosciutto - Tofu - Tempeh - Beans, garbanzo beans, split peas, tinned or dry 	<p>3-4 oz</p> <p>3-4 oz</p> <p>3-4 oz</p> <p>3-4 oz</p> <p>3-4 oz</p> <p>3-4 oz</p> <p>3-4 oz</p> <p>1-2 oz</p> <p>3-4 oz</p> <p>1-1.5 cups, soaked</p>
<p>DAIRY & EGGS</p> <p><i>Select 3-4 of the following</i></p>	<ul style="list-style-type: none"> - Dairy milk, Almond milk or Soy milk - Pasture raised eggs - Natural, unsweetened yoghurt - Butter - Cheese (cheddar, parmesan, goats, mozzarella or other of your choice) - Ricotta or Cottage cheese - Light sour cream 	<p>1 cup</p> <p>1-2 eggs</p> <p>1/2 -1 cup</p> <p>1 Tbs</p> <p>1 oz</p> <p>1/2 cup</p>
<p>WHOLE GRAINS & HEALTHY CARBS</p> <p><i>Select 4-5 of the following</i></p>	<ul style="list-style-type: none"> - Whole rolled oats or steel cut oats - Brown rice, uncooked - Quinoa, uncooked - Cous cous or polenta - Whole wheat pasta - Soba noodles - Whole grain, whole wheat or rye bread - Whole grain lavash wraps or pita bread - Potato - Beans, garbanzo beans, split peas, tinned or dry 	<p>1 cup</p> <p>1/2 cup</p> <p>1/2 cup</p> <p>1/2 cup</p> <p>1-2oz</p> <p>1-2oz</p> <p>1-2 slice</p> <p>1 wrap</p> <p>1 medium</p> <p>1-1.5 cups, soaked</p>
<p>SNACKS</p> <p><i>Select 2-3 of the following</i></p>	<ul style="list-style-type: none"> - Nuts (raw almonds, walnuts, pepitas, sunflower seeds, cashews or any nut or seed of your choice) - Whole grain crackers (we recommend Mary's Gone Crackers) - Dried fruit (raisins, dried apricots, prunes, figs, cranberries, or any dried fruit of your choice) 	<p>1 oz</p> <p>2-4 crackers</p> <p>1 oz</p>

	<ul style="list-style-type: none"> - Nut butters (any nut or seed of your choice) - Hummus, or other healthy dip - Bananas - Yoghurt sweetened at home with berries or honey - Chia seeds, psyllium, ground flax (to add to smoothies, oatmeal, granola & desserts to fill you up and add a lot of beneficial fibre, protein & nutrients) - Dark chocolate, 100g 	<p>1 Tbs 1 oz 1-2 ea 1 cup 1 Tbs</p> <p>1 row</p>
<p>FRUITS & VEGETABLES</p> <p><i>We recommend always keeping the staples listed right in stock.</i></p> <p><i>Then purchasing 4-5 varieties of seasonal fruits.</i></p> <p><i>And 6-7 varieties of seasonal vegetables.</i></p> <p><i>These recommendations are just for when you are getting started to avoid waste.</i></p> <p><i>Once you are confident with your cooking, there is no limit on the number of varieties or</i></p>	<p>It is always best to buy whatever is in season, so there can be no definitive produce grocery list. We also recommend shopping at small local grocers or farmers markets so you can see what is in season. With that said, here is our list to guide you:</p> <p>STAPLES:</p> <ul style="list-style-type: none"> - Garlic - Onions - Ginger root - Herbs (mint, basil, cilantro, parsley, oregano, sage, rosemary, thyme, dill etc). Select 1-3 fresh bunches of your choice - Green onions -Lemons / Limes - Potatoes, sweet potatoes, yam - Greens (spinach, kale, collard greens, dandelion greens, romaine, radicchio, watercress, etc). Buy as many as you can and eat as much as you like! <p>FRUITS</p> <ul style="list-style-type: none"> - Berries (strawberries, raspberries, blueberries, blackberries). Another nutritional powerhouse that is great to add to all of your meals. - Bananas - A healthy staple for filling you up and satisfying you. Always buy about a dozen, freeze half and keep the rest on hand for snacking. - Apples - Pears - Stone fruits, when in season (peaches, apricots, nectarines, plums etc) - Citrus fruits, when in season (oranges, mandarins, grapefruit) - Grapes - Tropical fruits, when available ad in season 	<p>There is no serving limit on fresh fruits & vegetables, but here is a guide</p> <p>1 clove ½ ea 1 tsp 1-2 Tbs</p> <p>1-2 stems ½ ea 1 cup 3-4 cups</p> <p>1 cup</p> <p>1-2 ea</p> <p>1 ea 1 ea 1 ea</p> <p>1 ea</p> <p>1-2 cups</p>

<p><i>servings of fresh fruit and vegetables you can buy & eat-</i></p> <p><i>Just practice the Homemade Principles & eat mindfully!</i></p>	<p>(pineapple, young thai coconuts, melons, young coconuts) - Others: All fruit is great for you - buy your favorites & keep trying new fruits too!</p> <p>VEGETABLES - Broccoli, broccolini, cauliflower - Tomatoes, grape tomatoes, cherry tomatoes - Bell peppers - Mushrooms - Zucchini, squash, summer squash - Carrot - Cabbage - Cucumber - Celery - Snow peas - Corn cob - Pumpkin - Others: All vegetables are a big green light & should be enjoyed abundantly!</p>	<p>All 1-2 cups</p>
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*Notes:

- All amounts are for 1 serving.
- If you want to purchase 4 serves (for example, 2 meals each for 2 people), then multiply the amount by a factor of 4.
- Also note these amounts are a guide only. If you are very active, tall or carrying a lot of excess weight, you might need considerably more than these portion sizes. The Homemade Principles say you should not deprive yourself or go hungry - rather, focus on nourishing yourself with healthy, homemade meals and listening to your hunger. Over time, you will achieve your optimum weight if you follow these principles, without measuring portions or counting calories.
- On the other hand, it can be enlightening (and a bit of a wake up call!) to see what 1 serving actually looks like!

LIST 2: Pantry Staples - Buy once and keep in stock (top up as needed)

These are ingredients that we recommend you gradually stock up in your pantry, to have on hand for your cooking. It can cost a bit to get stocked up, but once you have done so, these ingredients have a long shelf life of up to 1 year and will last a long time.

Oils, Vinegars, Condiments & Sweeteners

Extra-virgin olive oil for cooking and salad dressings

Organic canola or sunflower oil (or other high smoke point oil) for cooking and baking

Flavorful nut and seed oils for salad dressings and stir-fry seasonings: toasted sesame oil, walnut oil

Butter, unsalted. Store in the freezer if you use infrequently.

Vinegars: balsamic, red-wine, white-wine, rice, apple cider

Asian condiments and flavorings: reduced-sodium soy sauce, fish sauce, hoisin sauce, mirin, oyster sauce, chile-garlic sauce, curry paste

Coconut oil

Dijon mustard

Mayonnaise

Ketchup

Kosher salt, coarse sea salt, fine salt

Black peppercorns

Onions

Fresh garlic

Fresh ginger

Dried herbs: bay leaves, basil, dill, thyme leaves, oregano, Italian seasoning blend

Spices: allspice, caraway seeds, chili powder, ground cinnamon, coriander seeds, cumin, curry powder, ground ginger, nutmeg, paprika, cayenne pepper, crushed red pepper, turmeric

Brown sugar or coconut sugar

Honey

Pure maple syrup

Unsweetened cacao powder, natural and/or Dutch-processed

Can or Jars

Diced tomatoes

Tomato paste

Chicken/Vegetable stocks

Beans (black, white, garbanzo & pinto)

Coconut milk

Grains & Legumes

Whole-wheat flour and whole-wheat pastry flour (Store opened packages in the freezer.)

All-purpose flour

Assorted whole-wheat pastas

Brown rice

Whole rolled oats
Whole-wheat couscous
Dried lentils
Plain dry breadcrumbs

Nuts, Seeds & Fruits

Walnuts
Almonds
Sesame seeds
Natural almond or other nut butter
Tahini
Assorted dried fruits: apricots, prunes, cranberries, dates, figs, raisins

Refrigerator Basics

Milk or soymilk
Yogurt
Good-quality Parmesan cheese and/or Romano cheese
Sharp Cheddar cheese
Pasture raised eggs,. Keep them on hand for fast omelets and frittatas.e
Water-packed extra firm tofu

Freezer Basics

Frozen vegetables: peas, spinach, broccoli, spinach, corn, edamame
Frozen Shrimp or other seafood
Frozen meat or poultry
Frozen berries or mango for smoothies