

The Replenish Shopping List

Now it's time to stock your pantry and fridge with the real foods and ingredients you'll want to have on hand for a healthy lifestyle. Use the Replenish Pantry and Mix and Match Shopping Essentials list on the following pages to guide your pantry prep and grocery shopping.

Don't try to fill your pantry all at once with EVERY possible ingredient. Choose your weekly recipes, and shop accordingly. Over time your pantry will grow and you'll have the staples that you need.

Most produce will need to be bought fresh and eaten relatively quickly to avoid spoiling. Take advantages of sales on canned beans, meats (freeze what you don't need for the

week), and non-perishables like nut flours, canned coconut milk, honey, spices, and grains. Keep extras in sealed containers and pull out when your meal plan calls for it! I recommend keeping a running list of your pantry and freezer inventory - this way you can take a quick glance of what you already have "in stock" before you go shopping!

It's useful to have a complete list so you can check off the ingredients you need each week for the recipes you select, and take a copy with you when you go grocery shopping. So I recommend printing out several copies, or heading over to avivaromm.com/adrenal-thyroid-revolution where you'll find copies you can easily print.



The Replenish Shopping List

RED MEAT, POULTRY, AND FISH (ORGANIC, GRASS FED/FINISHED PREFERRED)

- Beef
- Chicken (skinless white breast)
- Turkey (skinless white breast)
- Mackerel
- Atlantic Mussels (farmed blue)
- Salmon
- Wild Alaskan Sardines
- Scallops
- Farmed Bay Shrimp
- Tilapia (U.S. farmed)

BEANS

- Black beans
- Chickpeas (garbanzo beans)
- Great Northern beans
- Kidney beans (red & white)
- Lentils
- Lima beans
- Navy beans
- Pinto beans
- Pure Pea Protein Powder (for Smoothies)
- Refried beans (vegetarian)
- Split peas
- Sprouted Organic Rice Powder (for Smoothies)
- Tofu (organic)
- White beans (cannellini or Northern)

GRAINS (GLUTEN-FREE)

- Buckwheat groats (kasha)
- Brown rice
- Corn tortillas (sprouted)
- Oats (rolled)
- Millet
- Quinoa
- Rice noodles (Asian), rice pasta
- Wild rice (or pink, black, or other varieties)

ENERGY VEGETABLES

- Beets
- Carrots
- Mushrooms (all varieties)
- Parsnips
- Potatoes
- Pumpkin
- Spinach
- Squash (all varieties of 'winter' squash)
- Sweet potatoes

GREEN VEGETABLES

- Arugula
- Bok choy
- Broccoli (fresh or frozen)
- Broccoli rabe (rapini)
- Brussels sprouts
- Cabbage (all varieties)
- Cauliflower (fresh or frozen)
- Chard (all colors)
- Collard greens
- Corn (frozen, organic)
- Dandelion greens
- Endive
- Escarole
- Kale
- Lettuce (all varieties)
- Mustard greens
- Snow peas
- Spinach (fresh/frozen)
- Sprouts

RAINBOW VEGETABLES

- Artichokes
- Asparagus
- Bell pepper (all colors)
- Carrots
- Celery
- Chile peppers
- Cucumber
- Daikon radish and leaves
- Eggplant
- Green beans (fresh or frozen)
- Leeks
- Mushrooms (shitake, portabella, others)
- Onions
- Peas
- Peppers (red & green bell)
- Peppers (jalapeno, serrano, etc.)
- Radish
- Sea vegetables (all varieties)
- Shallots
- Snow peas (fresh or frozen)
- Sprouts
- Summer squash
- Tomato
- Zucchini

FRUITS

- Apple (all varieties)
- Apricots
- Avocados
- Bananas (fresh/frozen)
- Blackberries (fresh/frozen)
- Blueberries (fresh/frozen)
- Cherries (fresh/frozen)
- Coconut
- Cranberries
- Figs (fresh)
- Grapefruits
- Grapes
- Kiwis
- Lemons
- Limes
- Mangos (fresh/frozen)
- Nectarines
- Oranges
- Peaches (fresh/frozen)
- Pears

NUTS & SEEDS

- Almonds, almond butter
- Brazil nuts
- Cashews
- Chia seeds
- Flaxseeds
- Pecans
- Pine nuts
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds, sunflower butter
- Tahini (sesame seed paste)
- Walnuts
- Natural nut & seed butters

FATS AND OILS

- Almond oil
- Avocado oil
- Coconut butter & oil
- Ghee (or organic butter)
- Olives (green, black)
- Olive oil (extra virgin)
- Sesame seed oil (plain & toasted)
- Walnut oil

DAIRY ALTERNATIVES (AND OPTIONAL DAIRY)

- Almond milk (unsweetened or make your own)
- Coconut yogurt
- Coconut kefir
- Coconut milk
- Feta cheese (organic, sheep milk)

BEVERAGES

- Herbal teas
- Green tea

FERMENTED FOODS

FRESH AND DRIED WHOLE OR GROUND HERBS AND SPICES

- Basil
- Bay Leaves
- Black Pepper
- Cardamom
- Cayenne
- Chili Powder
- Cilantro (fresh)
- Cinnamon
- Cumin
- Curry power
- Dill
- Garlic (fresh & powdered)
- Ginger
- Mint
- Oregano
- Paprika
- Parsley
- Red Chili Flakes
- Rosemary
- Salt (Sea Salt, Himalayan salt)
- Thyme
- Turmeric

CONDIMENTS AND EXTRAS

- 72% dark chocolate (if desired)
- Apple cider vinegar
- Balsamic vinegar
- Champagne vinegar
- Chicken, beef, or vegetable stock (or make from scratch)
- Crushed canned tomatoes
- Dijon mustard
- Gluten free Tamari (or Bragg's Aminos if you don't eat soy)
- Maple syrup
- Red and White Miso
- Raw cacao powder & nibs
- Rice vinegar