

# MY GROCERY STAPLES



LET'S GET WELLTHY TOGETHER  
Get Wellthy with Cortney Tayla

# THE LIST

## THE MEAT OF IT

- Salmon
- Canned Tuna
- Shrimp (Peeled and Deveined)
- Tofu

If You Eat Meat:

- Chicken (free-range & local if you can get it)
- Beef (grass-fed & local if you can get it)

## FRUITS AND VEGS

- 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

## HEALTHY SWEETS

- Honey (local)
- Agave
- Dark chocolate (I like the HU Brand)
- Dates
- Shredded Coconut
- Vanilla Extract
- Maple Syrup
- Cocoa Nibs
- Cocoa Powder

## HEALTHY CARBS

- Chickpea pasta
- White and brown rice
- Quinoa
- Pearl Couscous
- Oats
- Chickpea (canned)
- Black beans (canned)
- Kidney beans (canned)
- Lentils (canned)
- Rice cakes (salt and sugar free)
- Bread, I try to buy mine at the farmers market or locally.
- Flour; almond, buckwheat and oat

## "DAIRY"

- Almond Milk (I try to make my own when I can but try to get one with the least amount of added ingredients and sugars)
- Almond Milk Creamer
- Cheese (there are some amazing vegan options)
- Coconut or Almond Milk Yogurt
- Dairy free butter

## HEALTHY FATS

- Coconut oil
- Olive oil (cold-pressed)
- Avocado oil
- Nut butters; peanut and sunflower are my favorite
- Nuts
  - Almonds
  - Cashews
  - Walnuts
- 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, I love the cleanse and detox

## SUPPLEMENTS + ADD-ONS

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