

Phyto-Power Grocery List

You have the power to promote health and wellness right in your kitchen!

Once you have committed to improving your eating habits, the next step is preparation. Having a well-stocked refrigerator, freezer, and pantry makes meal preparation less time-consuming and more pleasurable! Also, the more you plan, prepare, and cook at home, the further you can stretch your budget.

Tip: It is important to be nourished, not hungry, before grocery shopping to avoid impulse buying.

Buying tips:

- **Buy only from Phyto-Power grocery list:** Choose store brands when possible for lower cost.
- **Farmers' markets (localharvest.org):** Produce bought in season often comes at a lower cost, is more flavorful, and can be frozen for future use.
- **Bulk buying:** Buy dry beans, grains, rice, nuts & seeds, or flours that you use frequently in bulk to save.
- **Ethnic markets** offer unique foods and spices oftentimes at a lower cost than your local grocery store.
- **Refer to the Environmental Working Group (ewg.org):** When possible, buy organic produce from the Clean Fifteen to reduce exposure to pesticides. (**Tip:** This list is updated every year)
- **Follow food safety guidelines:** Visit FoodSafety.gov for tips on proper storage of foods in refrigerator or freezer.

	Fresh	Frozen	Pantry (dry and canned)
Pros	When eaten in season, fresh options offer high nutritional value and flavor	Frozen foods allow for longer storage of fruits, vegetables, and meats	Pantry foods have a long shelf-life Pantry items can be purchased in bulk to extend grocery budget
Cons	Need to be consumed quickly	Greens typically do not freeze well. Proper storage is required to prevent freezer burn and loss of flavor	Canned goods may contain BPA
Food safety	Set refrigerator at 40° F or below	Set freezer at 0° F or below	Follow appropriate canning procedures if bottling your own goods!
Tips	Fresh produce & herbs keep well for an average of 3-4 days	Meats—depending on meat type, last generally 3-12 months in freezer	Keep herbs and spices in a cool dry place—not above the oven. Try growing your favorites!

Grocery list:

Fruit	<input type="checkbox"/> Apples	<input type="checkbox"/> Cantaloupe	<input type="checkbox"/> Kumquat	<input type="checkbox"/> Nectarines & peaches	<input type="checkbox"/> Other:
	<input type="checkbox"/> Applesauce, unsweetened	<input type="checkbox"/> Coconut	<input type="checkbox"/> Lemon	<input type="checkbox"/> Papayas	
	<input type="checkbox"/> Apricots (fresh)	<input type="checkbox"/> Figs (fresh)	<input type="checkbox"/> Lime	<input type="checkbox"/> Pear	
	<input type="checkbox"/> Bananas	<input type="checkbox"/> Grapefruit	<input type="checkbox"/> Mangos	<input type="checkbox"/> Pomegranate	
	<input type="checkbox"/> Berries	<input type="checkbox"/> Kiwi	<input type="checkbox"/> Melons	<input type="checkbox"/> Prunes	

Tip: Fruit can be consumed raw, blended, or juiced.

Fresh items

Vegetables	<input type="checkbox"/> Artichoke	<input type="checkbox"/> Carrots	<input type="checkbox"/> Kohlrabi	<input type="checkbox"/> Sea vegetables	<input type="checkbox"/> Other:
	<input type="checkbox"/> Asparagus	<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Leeks	<input type="checkbox"/> Snow peas	
	<input type="checkbox"/> Bamboo shoots	<input type="checkbox"/> Celery	<input type="checkbox"/> Lettuce—all types	<input type="checkbox"/> Spinach	
	<input type="checkbox"/> Beets & beet tops	<input type="checkbox"/> Cucumber	<input type="checkbox"/> Mushroom	<input type="checkbox"/> Squash	
	<input type="checkbox"/> Bok choy	<input type="checkbox"/> Dandelion greens	<input type="checkbox"/> Okra	<input type="checkbox"/> Sweet potato	
	<input type="checkbox"/> Broccoli	<input type="checkbox"/> Eggplant	<input type="checkbox"/> Onions	<input type="checkbox"/> Tomato	
	<input type="checkbox"/> Brussels sprouts	<input type="checkbox"/> Endive	<input type="checkbox"/> Parsley	<input type="checkbox"/> Watercress	
	<input type="checkbox"/> Cabbage	<input type="checkbox"/> Garlic	<input type="checkbox"/> Potato—all colors	<input type="checkbox"/> Zucchini	
	<input type="checkbox"/> Bell peppers	<input type="checkbox"/> Kale	<input type="checkbox"/> Red leaf chicory		

Tip: Vegetables can be consumed raw, juiced, steamed, sautéed, or baked.

Proteins	<input type="checkbox"/> Eggs (typically last 3-5 weeks in shell, 1 week hardboiled)	<input type="checkbox"/> Meats (chicken, turkey, red meat)	<input type="checkbox"/> Fish (visit SeafoodWatch.org for sustainable seafood)	<input type="checkbox"/> Tofu/tempeh	<input type="checkbox"/> Other:

Tip: Best to cook fresh meat within 2 to 3 days; once cooked, usually lasts 3 to 5 days.

Dairy/dairy alternative	<input type="checkbox"/> Almond	<input type="checkbox"/> Oat	<input type="checkbox"/> Yogurt	<input type="checkbox"/> Other:
	<input type="checkbox"/> Coconut	<input type="checkbox"/> Cow, goat, or sheep:	<input type="checkbox"/> Cheese	
	<input type="checkbox"/> Hemp	<input type="checkbox"/> Milk		

Tip: Dairy alternatives only last 7 days after opening. Choose organic dairy products when possible.

Beverages	<input type="checkbox"/> Tea—green, black, oolong, and herbal	<input type="checkbox"/> Coconut water—read ingredients for sugar content; raw is best	<input type="checkbox"/> Seltzer water	<input type="checkbox"/> Other:
	<input type="checkbox"/> Filtered water		<input type="checkbox"/> Low-sodium vegetable juice	

Tip: Add fresh-cut berries, cucumbers, or herbs like mint to water or cold beverages for a refreshing new taste.

Canned & nonperishable (shelf-stable carton) containers	<input type="checkbox"/> Beans (chickpeas, cannellini, black, kidney, white)	<input type="checkbox"/> Fish (wild-caught tuna, sardines, salmon)	<input type="checkbox"/> Shelf-stable milks (almond, hemp, oat, rice, soy, flax, quinoa)	<input type="checkbox"/> Broth (organic bone, meat, miso, and vegetable)	<input type="checkbox"/> Other:
		<input type="checkbox"/> Tomatoes (sauce, stewed, paste)			

Tip: Avoid dented cans and look for expiration dates.

Condiments and oils	<input type="checkbox"/> Coconut aminos	<input type="checkbox"/> MCT oil	<input type="checkbox"/> Raw unrefined coconut oil or butter—shelf-stable	<input type="checkbox"/> Tamari (wheat-free soy sauce)	<input type="checkbox"/> Other:
	<input type="checkbox"/> Ghee—shelf-stable	<input type="checkbox"/> Oils (extra-virgin olive oil, hemp, avocado)		<input type="checkbox"/> Vinegar—all types	
	<input type="checkbox"/> Lemon or lime juice				
	<input type="checkbox"/> Mustard (nonsweet)				

Tip: Buy oils in dark bottles to prevent light oxidation. Store in cool place. Use within 3-6 months for optimal freshness.

Dried fruits no added juice/sugar	<input type="checkbox"/> Dates	<input type="checkbox"/> Dried cranberries	<input type="checkbox"/> Other:
	<input type="checkbox"/> Dried apricots	<input type="checkbox"/> Golden raisins	

Tip: Add to salads and wraps.

Herbs and spices	<input type="checkbox"/> Basil	<input type="checkbox"/> Cinnamon	<input type="checkbox"/> Ground coriander	<input type="checkbox"/> Pink Himalayan salt	<input type="checkbox"/> Other:
	<input type="checkbox"/> Bay leaves	<input type="checkbox"/> Curry powder	<input type="checkbox"/> Ground cumin	<input type="checkbox"/> Red chili pepper flakes	
	<input type="checkbox"/> Black pepper	<input type="checkbox"/> Garlic powder	<input type="checkbox"/> Italian seasoning	<input type="checkbox"/> Turmeric	
	<input type="checkbox"/> Cardamom	<input type="checkbox"/> Ginger powder	<input type="checkbox"/> Mustard seeds	<input type="checkbox"/> Vanilla extract	
	<input type="checkbox"/> Cayenne pepper		<input type="checkbox"/> Nutmeg		

Nuts & seeds raw, unsalted, and no added sugar	<input type="checkbox"/> Almonds	<input type="checkbox"/> Nut butters—all types	<input type="checkbox"/> Pine nuts	<input type="checkbox"/> Hemp seeds	<input type="checkbox"/> Other:
	<input type="checkbox"/> Brazil nuts	<input type="checkbox"/> Pecans	<input type="checkbox"/> Walnuts	<input type="checkbox"/> Sunflower seeds	
	<input type="checkbox"/> Cashews	<input type="checkbox"/> Pistachios	<input type="checkbox"/> Chia seeds	<input type="checkbox"/> Sesame seeds	

Tip: Buy in bulk for lower cost.

Whole grains & legumes (not instant versions)	<input type="checkbox"/> Dried beans	<input type="checkbox"/> Lentils—brown, pink, red, yellow	<input type="checkbox"/> Rice—brown, white, wild, or black (emperor's) rice	<input type="checkbox"/> Quinoa	<input type="checkbox"/> Other:
	<input type="checkbox"/> Oats—steel cut, rolled			<input type="checkbox"/> Whole grain bread and/or wraps	

Tip: Batch-cook and save time.



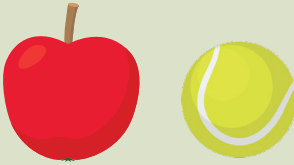

Pantry items

Portions vs. servings

Portion control is an important aspect of a healthy, balanced diet. It is important to distinguish between portions and servings, especially when reading labels and planning meals. A portion is the amount of food you eat for a meal or snack. A serving is a set measurement of a specific food and identifies the nutritional value, including the number of calories.

Refer to the following information on serving sizes when planning your plate.




Carbohydrates:

<p>Leafy vegetables</p>  <p>2 cups = 2 baseballs</p>	<p>Broccoli</p>  <p>1 cup = 1 baseball</p>	<p>Fruit</p>  <p>1/2 cup = 1 tennis ball</p>	<p>Grains (pasta, rice, potato)</p>  <p>1 cup = 1 closed fist</p>
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Proteins:

<p>Meat (fish, poultry, shellfish)</p>  <p>3 ounces = 1 phone</p>	<p>Cheese</p>  <p>2 ounces = 1 matchbook</p>	<p>Nuts</p>  <p>1/4 cup = 1 egg</p>	<p>Beans</p>  <p>1/2 cup = 1 mouse</p>
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Fats:

<p>Oils</p>  <p>1 teaspoon = 1 die</p>	<p>Nut butters</p>  <p>2 tablespoons = 1 golf ball</p>	<p>Butter / margarine</p>  <p>1 teaspoon = 1 die</p>	
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Smart snacking: Well-planned snacks are as important as balanced meals. Here are a few guidelines to consider when planning snacks.

- Establish boundaries around snacks. For example, avoid snacking late at night or when distracted, such as in front of the TV, to avoid mindless overeating.
- Choose snacks that are high in protein to help stabilize blood sugar and help you feel full longer. A boiled egg, a serving of cottage cheese, or an apple with nut butter are examples of high-protein snack options.
- Make healthy snacks convenient with a bit of prep. Aim to keep veggies sticks stocked in the fridge, single-serving bags of nuts and seeds in the pantry, and a bowl of fruit on the counter for quick and balanced snack options.

Weekly meal planner: Create your own menu plans using favorite or new recipes.

Steps:

- Create meals for the week with the intention of maximizing the ingredients for limited waste. Cook once but make multiple meals for later use (batch-cooking).
- Consider a meatless meal or new regional meal using herbs and spices of that country.
- Create the grocery list, crossing off the ingredients you already have.

Menu Planner							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 Breakfast							
 Lunch							
 Snacks							
 Dinner							
 Water 8 cups/d							

For additional immune health support, speak to your healthcare provider about a personalized plan.

