

## How to Stock a Whole Foods Kitchen

A natural whole foods diet does not necessarily mean an organic diet. However, it is defined by foods that are the least processed, without artificial ingredients or preservatives.

PRODUCE	
Vegetables	
Artichoke Arugula Asparagus Beets Bell Peppers (Red, yellow, green) Bok Choy Broccoli Broccoli rabe Brussel sprouts Cabbage Carrots Cauliflower Celery Celery root Chard Collard Greens Corn Cucumber Daikon Dandelion greens	Eggplant Fennel Kale Lettuce (romaine, red leaf, boston, mesclun...) Mushrooms (button, cremini, portobello, shitake...) Mustard greens Onions Parsnips Potatoes (Idaho, red, blue, Fingerling...) Radish Rutabaga Spinach Squash (acorn, butternut, delicata, spaghetti...) Sunchokes Sweet potatoes Tomatoes Turnips Watercress Zucchini
Fruit	
Apples Avocado Bananas Berries Grapefruit Grapes Kiwi Lemons Limes	Mango Melons Oranges Papaya Peaches Pears Pineapple Plums
Fresh Herbs	
Basil Chives Cilantro Garlic Ginger root Lemongrass Mint	Oregano Parsley Rosemary Sage Tarragon Thyme

DRY GROCERY	
Grains	
Breads, muffins, tortillas Brown rice Kamut Millet Pancake mix Pasta (whole wheat, rice)	Quinoa Rolled oats Spelt Wheat berries White rice Whole wheat flours and other flours (oat, millet, rice)
Legumes	
Adzuki beans Black beans Cashews and peanuts Garbanzo beans Kidney beans	Lentils Mung beans Pinto beans Split peas White beans (assorted)
Nuts and Seeds	
Almonds Brazil nuts Filberts Hazelnuts Macadamia nuts Walnuts	Pecans Pine nuts Pumpkin seeds Sesame seeds Soy nuts
Dry Herbs/Spices	
Basil Black pepper (fresh ground) Cardamom Chili powder Cinnamon (powder/sticks) Cloves Cumin (ground/whole)	Curry powder Gomashio (sesame salt) Mustard seeds Nutmeg Oregano Sea salt Thyme
Sweeteners	
Agave Barley malt Brown rice syrup Brown sugar Date sugar Honey	Maple syrup (Vermont) Molasses Rapadura Sucanat Succanat

Condiments	
Artichoke hearts Capers Coconut milk Fresh fruit jam (sweetened with fruit juice) Hearts of palm Mayonnaise Mirin Mustard Nut butters (almond, cashew, peanut, sesame) Olives	Pickles Salad dressings Salsa Sauerkraut Sea vegetables (arame, dulse, hijiki, kombu, nori, wakame) Tamari/soy Tomato products (ketchup, paste, canned whole, canned dice, canned sauce...) Umeboshi plum paste Vegetable/chicken broth
Oils and Vinegars	
Apple cider vinegar Balsamic vinegar Brown rice vinegar Canola oil Coconut oil Extra virgin olive oil Ghee (clarified butter)	Peanut oil Red wine vinegar Sesame oil Sunflower oil Toasted sesame oil Walnut oil
Cereals	
Cream of Quinoa Cream of Rice Dry cereals (assorted)	Granola Muesli Oatmeal (rolled oats)
Snacks	
Applesauce Chips (potato, vegetable, corn) Cookies	Crackers Fruit leather Panda licorice
Other	
Soymilk Tea	Chocolate chips (dairy/dairy free) Hot chocolate

REFRIGERATED	
Dairy	
Butter Milk / milk products (cottage cheese, sour cream, yogurt)	Cheese
Soy	
Cheese Edamame Miso Soymilk	Tempeh Tofu Yogurt

FISH, MEAT, POULTRY	
<u>Wild</u> fish (assorted); avoid fish high in mercury (tuna, swordfish, king mackerel, tilefish, shark)	
Meat (organic or naturally raised with hormones or antibiotics)	
Poultry (organic or naturally raised with hormones or antibiotics)	

FROZEN	
Breads Soy ice cream Frozen yogurt	Ice cream Veggie burgers Waffles