

Kitchen Essentials - Shopping List

Top 10 Pantry Essentials

1. Natural Nut Butter
2. Coconut Oil
3. Nuts and Seeds
4. Sucunat
5. Cinnamon
6. Mary's Crackers
7. Organic Canned Beans
[Navy are my favs]
8. Balsamic Vinegar
9. Extra Virgin Olive Oil
10. BioSteel Protein

Table Top Must-Haves

1. Lemons
2. Red Onions
3. Candles
4. Bananas
5. Tomatoes
6. S. Pellegrino or Perrier Water
7. Filtered Water
8. Sea Salt
9. Vinegar and Water Cleaner
10. Fresh Gorgeous Flowers

Fridge Must-Haves

1. Maple Syrup or Honey or Agave
2. Hummus
3. Cut up Vegetables
4. Butter
5. Goats Cheese
6. Salsa
7. Tamari
8. Leafy Greens
9. Unsweetened Almond or Rice or Coconut Milk
10. Fruit
11. Hemp Seeds
12. Eggs

Top Kitchen Love Toys

1. Garlic Press
2. Citrus/Lemon Reamer
3. Sharp Knives
4. Measuring Cups
5. Measuring Spoons
6. Blender [VitaMix or Blendtec]
7. Animal Protein Cutting Board
8. Greens Cutting Board
9. Mason Jars
10. Glass Tupperware
11. Vegetable Peeler
12. Spatula
13. Wooden Spoon
14. Can Opener
15. And for your special guests...
Wine Opener