

The Recovery Kitchen Checklist: Grocery Store Staples



Healthy eating is one of the most important parts of your recovery plan. Hit the grocery store with our handy list – these staples will ensure your home is stocked with nutrient-packed foods and beverages.

Fresh Produce

- Seasonal fruits, vegetables
- Garlic, ginger
- Hot peppers, bell peppers
- Limes, lemons
- Salad greens
- Fresh herbs (for example, cilantro, scallions, parsley, sage, thyme, tarragon)

Dairy

- Butter (preferably from pasture-raised cows)
- Milk (organic, low-fat)
- Parmesan cheese
- Greek yogurt (non-fat)

Frozen Foods

- Peas, edamame, corn (or any of your favorite vegetables)
- Fruits (for example, berries, mangoes, peaches, pineapple)

Grains

- Wheat berries
- Barley
- Popcorn
- Kasha (buckwheat)
- Oats (steel-cut, rolled)

- Farro
- Quinoa
- Rice (brown, wild)
- Bulgur

Grain, Beans and Other Dry Ingredients

- Flour (spelt, brown rice, nut, whole wheat, white)
- Pasta (whole-wheat, rice, quinoa, buckwheat/soba)
- Tortillas (whole-grain, corn)
- Dried beans (black bean, mung, adzuki, garbanzo, kidney, black-eyed peas)
- Lentils (brown, red, French)
- Protein powder

Canned and Bottled Goods

- Non-dairy milk (almond, hemp, oat, rice, soy; can stay on shelf until opened)
- Tomato products (sauce, paste, crushed tomatoes; choose low- or no-sodium)
- Canned beans (chickpeas, black beans, kidney beans, choose low- or no-sodium)
- Salmon, sardines
- Nut and seed butters
- Vegetable broth (low- or no-sodium)

Dried Fruit

- Apricots
- Cranberries
- Figs and dates
- Raisins and prunes
- Berries and cherries

Nuts and Seeds

- Almonds
- Brazil nuts
- Cashews
- Chia seeds
- Flaxseed
- Pecans

Pumpkin seeds

Sunflower seeds

Sesame seeds

Walnuts

Bay leaves

Black pepper

Chili powder, chipotle powder

Cinnamon

Cloves

Cumin

Curry

Ginger powder

Mustard (yellow, Dijon)

Nutmeg

Paprika (regular, smoked)

Red pepper flakes

Sea salt

Corn starch

Baking soda

Baking powder

Vanilla extract

Vinegars (balsamic, red wine, white wine, apple cider, rice wine)

Oils (extra virgin olive oil, olive oil, canola oil, sesame oil)

Soy sauce or Tamari (wheat-free soy sauce)

Miso paste

Mayonnaise

Dijon mustard

Herbs, Spices and Baking Ingredients

Oils and Condiments

Sriracha

Stevia

Blackstrap molasses

Sweeteners

Raw honey

Pure maple syrup

Maple sugar

