

LORafied Grocery Checklist

PRODUCE

- Salad greens: butter lettuce, romaine, spring mix
- Cherry tomatoes
- Hearty green vegetables: broccoli, brussels sprouts, cabbage
- Seasonal vegetables and fruit
- Fresh herbs: 1 basil plant and 1 mint plant, flat-leaf parsley, thyme, rosemary
- Carrots
- Celery
- Onions: yellow, red, scallions
- Garlic: fresh bulbs, but keep jarred chopped as well
- Potatoes: baking, new, sweet, baby
- Lemons
- Bananas

REFRIGERATED MEATS AND POULTRY

- Chicken (whole raw or rotisserie, boneless skinless breasts or cutlets, bone-in skin-on or boneless skinless thighs)
- Grass-fed ground beef, chicken, or turkey (*I keep a pound or two in the fridge or freezer at all times)
- Bacon, preferably uncured

DAIRY CASE

- Salted butter: (preferably Kerrygold)
- Pasture-raised large eggs (preferably organic)
- Milk: (whole, half and half, 2%, heavy whipping cream, nut milks such as almond and macadamia)
- Plain nonfat Greek yogurt
- Sour cream
- Cheese: Parmesan, Pecorino Romano, cheddar, mozzarella, Swiss, organic American slices, cream cheese, feta, ricotta, boursin, cottage cheese
- Refrigerated doughs: crescent roll, cinnamon roll, biscuit, pie crust, pizza dough, cookie dough

FROZEN FOODS

- Meatballs (grassfed organic)
- Fish (salmon, cod, halibut)
- Vegetables: mixed vegetables, peas, Corn, peas, broccoli, green beans, carrots, onions, garlic cloves)
- Cauliflower rice
- Individual guacamole pouches
- Fruit: blueberries, raspberries, cherries and strawberries
- Ice cream
- Nondairy whipped topping (TruWhip or Cool Whip)

CANNED, JARRED, AND PACKAGED GOODS

- Broth (chicken and beef broth, chicken bone broth)
- Cream of mushroom soup
- French onion soup packets
- Canned creamed corn and niblets
- Tomatoes: whole, diced, puree, sauce, paste
- Canned wild salmon
- Peanut butter
- Almond butter

SAUCES AND CONDIMENTS

- Mayonnaise, I prefer the ones made with avocado oil
- Mustard: Dijon, yellow, honey mustard
- Ketchup: regular and unsweetened
- Pickles and relish
- Avocado oil/nonstick avocado spray
- Extra-virgin olive oil
- Vinegars: balsamic, red and white wine, ACV, rice wine
- Organic bottled marinara and alfredo pasta sauces
- Organic bottled red and green salsa, mild to medium
- GF soy sauce or tamari
- Bottled pesto sauce
- Balsamic glaze
- Jam, jelly, preserves

FLOURS, GRAINS, AND BAKING MIXES

- All-purpose and gluten-free flours
- Cornbread mix
- Rolled oats
- Baking powder
- Baking soda (*buy in bulk to use not only in your cooking, but for cleaning all over the house)
- Cornstarch
- Panko and dried breadcrumbs
- Cake mixes
- Pancake/waffle mix
- Instant pudding mix

SWEETNERS

- Granulated sugar
- Brown sugar
- Confectioners sugar
- Maple syrup
- Honey
- Molasses
- Stevia (liquid and powdered)
- Monk fruit sweeteners (both powdered and brown sugar)

BAKING EXTRAS

- Vanilla extract
- Chocolate chips
- Shredded coconut
- Powdered sugar
- Canned frosting
- Sprinkles and nonpareils
- Food coloring
- Cupcake liners

SEASONINGS

- Taco seasoning
- Other seasoning blends: dry Ranch dressing, dry green goddess dressing, Montreal seasoning, Italian seasoning blend, everything bagel seasoning, Old Bay seasoning, Lawry's seasoning salt
- Garlic powder
- Onion powder
- Cinnamon
- Ginger
- Nutmeg
- Cumin
- Thyme
- Oregano
- Rosemary

SNACKS AND NUTS

- Tortilla chips (Love Siete and Organic Doritos)
- Potato chips
- Popcorn
- Crackers
- Nuts and seeds (walnuts, almonds, pecans, sesame seeds, pumpkin seeds, sunflower seeds)

DRINKS AND ADD-INS

- Coffee
- Tea bags
- Protein powder
- Nut pods
- Stevia drops
- Stevia Sodas (Zevia, Poppi, Olipop)

DISPOSABLES

- Paper towels
- Parchment paper
- Plastic wrap
- Sandwich baggies
- Freezer bags
- Aluminum foil
- Trash can liners