

Pantry New Year Resolution Shopping List

Many of the recipes in this manual require that you have some common pantry items. Although this list is not exclusive to this program it will give you a sense of some common supplies that you may need to have available. If you tend to shop on the perimeter of the supermarket it is likely you will already have many of these. This is your master list and may have some items that are also on the lists for each individual phase.

Grains

- Gluten free oatmeal or steel cut oats
- Quinoa or Cannehua
- Brown or White rice
- Wild rice

Beans

- Aduki beans
- Black beans
- French green lentils
- Split mung beans
- Pinto beans
- Red lentil

Nuts and Seeds

- Chia
- Flax
- Pumpkin
- Sesame

- Sunflower
- Hemp
- Hemp milk
- Shredded coconut
- Coconut milk

Oils

- Extra virgin sesame oil
- Extra virgin coconut oil
- Extra virgin olive oil
- Organic grass fed ghee

Condiments and Other

- Dijon Mustard
- Tamari (wheat free soy sauce)
- Baking soda
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Herbs and Spices

- Ginger
- Garlic
- Cilantro
- Cumin
- Coriander
- Fennel
- Cinnamon
- Nutmeg
- Cardamom
- Turmeric
- Fenugreek
- Chili powder
- Curry powder
- Italian seasoning
- Basil
- Rosemary
- Tarragon
- Oregano
- Nutritional yeast

Sweeteners

- Stevia
- Honey

Removal Phase Shopping List

Vegetables

- | | | |
|---------------------------------------|-----------------------------------|--------------------------------------|
| <input type="checkbox"/> 4-6 beets | <input type="checkbox"/> Onion | <input type="checkbox"/> Cilantro |
| <input type="checkbox"/> Spinach | <input type="checkbox"/> Garlic | <input type="checkbox"/> Red pepper |
| <input type="checkbox"/> Zucchini | <input type="checkbox"/> Parsnips | <input type="checkbox"/> Parsley |
| <input type="checkbox"/> Sweet potato | <input type="checkbox"/> Turnips | <input type="checkbox"/> Green onion |
| <input type="checkbox"/> Chard | <input type="checkbox"/> Celery | <input type="checkbox"/> Avocado |
| <input type="checkbox"/> Fresh basil | <input type="checkbox"/> Cabbage | |

Fruits

- | | | |
|---|--|--|
| <input type="checkbox"/> 1 pint apple cider vinegar | <input type="checkbox"/> 1-2 pints of berries of your choice | <input type="checkbox"/> Lime |
| <input type="checkbox"/> 4 lemons | <input type="checkbox"/> Raisins | <input type="checkbox"/> Granny smith apples |
| | | <input type="checkbox"/> Grated coconut |

Spices

- Powdered ginger
- Fresh ginger
- Cinnamon
- Cardamom
- Nutmeg

- Fennel powder
- Thyme
- Curry powder
- Chili powder
- Coriander powder

- Fenugreek powder
- Turmeric powder
- Cumin powder

Nuts and Seeds

- Flax seed
- Hemp or coconut milk
- Pumpkin seeds
- Hemp seeds

Oils

- Coconut oil
- Ghee
- Olive oil

Grains and Flours

- Coconut flour
- Wild rice

Beans

- Red lentils or split mung beans

Other

- Baking soda
- Psyllium husk powder
- Mustard
- Tamari
- Nutritional yeast
- Miso
- Dulse
- Honey

[Replacement Phase Shopping List](#)

Tea

- Rooibos chai
- Kava Stress Relief
- Tension Tamer

- Vegetables
- Delicata squash
- Onion
- Garlic
- Shallot

- Kale
- Cauliflower
- Yam
- Fresh ginger
- Celery

- Carrot
- Potato
- Butternut squash
- Kale

Fruit

- Lemon
- Oranges

Spices

- Cardamom
- Cinnamon
- Ginger powder

- Oregano
- Nutmeg
- Turmeric

- Fresh rosemary
- Italian spice

Oil

- Ghee
- Coconut oil
- Olive oil

Nuts and Seeds

- Coconut milk
- Sunflower seed butter
- Sesame seeds

Other

- Vanilla crème liquid stevia
- Ashwagandha or Maca powder

- Dandy Blend coffee substitute
- Vanilla extract
- Rapunzel Vegetable bouillon

- Dijon mustard
- White wine vinegar
- Balsamic vinegar

Liquid Diet Day

Nuts and Seeds

- Hemp seeds
- Almonds

Vegetables

- Onion
- Fennel bulb

- Sweet potato
- Parsley

- Fresh ginger
- Cilantro

- Celery
- Zucchini

- Green leafy vegetables

- Parsley

Beans

- Chickpeas
- Split peas or whole mung beans

Oil

- Sesame oil

Fruits

- Dates

Grains and Flour

- Coconut flour

Spices

- Chili powder
- Curry powder
- Cinnamon
- Italian seasoning
- Coriander

[Repair Phase Shopping List](#)

Grains

- Basmati rice
- Quinoa

Beans

- Mung beans
- Split mung beans

Spices

- | | | |
|--|--------------------------------------|---------------------------------------|
| <input type="checkbox"/> Curry powder | <input type="checkbox"/> Fennel seed | <input type="checkbox"/> Basil |
| <input type="checkbox"/> Turmeric | <input type="checkbox"/> Cardamom | <input type="checkbox"/> Bay leaves |
| <input type="checkbox"/> Black mustard seeds | <input type="checkbox"/> Clove | <input type="checkbox"/> Black pepper |
| <input type="checkbox"/> Cumin seeds | <input type="checkbox"/> Oregano | <input type="checkbox"/> Cayenne |

Vegetables

- | | | |
|---|--|---|
| <input type="checkbox"/> Cilantro | <input type="checkbox"/> Broccoli raab | <input type="checkbox"/> Tomato |
| <input type="checkbox"/> Green leafy vegetables | <input type="checkbox"/> Sweet potato | <input type="checkbox"/> Fresh basil |
| <input type="checkbox"/> Fresh ginger | <input type="checkbox"/> Carrot | <input type="checkbox"/> Shitake mushrooms |
| <input type="checkbox"/> Burdock root | <input type="checkbox"/> Celery | <input type="checkbox"/> Thai basil |
| <input type="checkbox"/> Parsnip root | <input type="checkbox"/> Red pepper | <input type="checkbox"/> See Optional veggies |
| | <input type="checkbox"/> Chard | <input type="checkbox"/> Cabbage |

Fruit

- Raisins
- Fresh berries
- Lime

Oils

- Ghee
- Coconut oil

Nuts and seeds

- Seed milk
- Coconut milk

Re-Inoculation Phase Shopping List

Dairy

- Nancy's Yogurt or Goat Yogurt
- Coconut milk

Spices

- | | |
|---|--|
| <input type="checkbox"/> Cinnamon powder | <input type="checkbox"/> Coriander seed |
| <input type="checkbox"/> Fennel powder | <input type="checkbox"/> Fennel seed |
| <input type="checkbox"/> Cardamom powder | <input type="checkbox"/> Licorice powder |
| <input type="checkbox"/> Cumin powder | <input type="checkbox"/> Vanilla extract |
| <input type="checkbox"/> Coriander powder | <input type="checkbox"/> Madras curry powder |
| <input type="checkbox"/> Cumin seed | |

Beans

- Red lentils

Seeds

- Chia seed
- Flax seed
- Sesame seed
- Sunflower seed

Vegetables

- | | |
|--|-----------------------------------|
| <input type="checkbox"/> Sweet potato | <input type="checkbox"/> Carrots |
| <input type="checkbox"/> Onion | <input type="checkbox"/> Zucchini |
| <input type="checkbox"/> Garlic | <input type="checkbox"/> Bok choy |
| <input type="checkbox"/> Tomato | <input type="checkbox"/> Cilantro |
| <input type="checkbox"/> Shiitake mushroom | <input type="checkbox"/> Shallot |

Fruit

- Fuji apple
- Blueberries
- Strawberries
- Lemon
- Lime

Oil

- Coconut oil

Other

- Stevia
- Probiotic capsules
- Tamari