

LEAH'S KITCHEN STAPLES

GRAINS

steel cut oats
rolled oats
quinoa
brown rice
black rice
multigrain bread
corn tortillas
whole grain pastas

PRODUCE

spinach
carrots
bell peppers
broccoli
sweet potatoes
zucchini
apples
seasonal fruits and veggies

FROZEN

berries
pineapple
edamame
peas
corn

REFRIGERATED

almond milk
Greek yogurt
eggs
tofu

PANTRY STAPLES

fruity

raisins
dried cranberries
dried cherries
apple sauce

canned

black beans
chickpeas
kidney beans
water chestnuts

healthy fats

peanut butter
walnut pieces
chia seeds
flax seeds

sweets

granola
honey
dark chocolate

COOKING

olive oil
sesame oil
coconut oil
soy sauce

balsamic vinegar
rice vinegar
apple cider vinegar
spices

BAKING

flour
sugar
brown sugar
maple syrup

chocolate chips
baking powder
baking soda
vegetable oil