



# HI THERE!

I'm Caitey Jay, the certified health and nutrition coach, recipe developer and food photographer behind Caity Jay.

My goal is to help you make small (but mighty!) changes to your diet that will help you live your healthiest, happiest life.

Changing your eating habits is hard work. I truly believe that stocking your kitchen with healthy items is the key to success. I hope this list makes your grocery shopping a breeze!

- *Caitey Jay*

## Dry goods

- ☐ Rolled oats
- ☐ Steel cut oats
- ☐ Brown rice
- ☐ A mix of grains, including wild rice, barley, farro, buckwheat, and quinoa
- ☐ A mix of healthy pastas including whole wheat pasta, quinoa pasta, chickpea pasta and vermicelli
- ☐ Low sugar granola
- ☐ Healthy waffle or pancake mix
- ☐ A healthy bread like whole grain, sourdough, ezeziel, or rye
- ☐ A healthy tortilla like whole grain, corn, or coconut wraps

## Canned or jarred goods

- ☐ Crushed tomatoes, diced tomatoes, roasted tomatoes, tomato sauce, tomato paste
- ☐ Unsweetened coconut milk
- ☐ Canned pumpkin
- ☐ Canned tuna and wild caught salmon
- ☐ A variety of legumes, including black beans, chickpeas and lentils.
- ☐ Corn
- ☐ Chicken or vegetable broth
- ☐ Green chillies and sliced jalapenos
- ☐ Chipotle peppers in adobo sauce
- ☐ Sun dried tomatoes
- ☐ Roasted red peppers
- ☐ Capers

## Nuts, seeds and dried fruit

- ☐ Nut butters (peanut, almond, cashew, walnut, etc.)
- ☐ Seed butters (tahini and sunflower)

- ☐ Nuts (almonds, pistachios, walnuts, pecans, hazelnuts, etc.)
- ☐ Seeds (ground flax, chia, pumpkin, sunflower, hemp, etc.)

## Oil and vinegar

- ☐ Apple cider vinegar
- ☐ Balsamic vinegar
- ☐ Red wine vinegar
- ☐ Rice vinegar
- ☐ Extra virgin olive oil
- ☐ Avocado oil
- ☐ Coconut oil
- ☐ Grass fed butter or ghee

## Herbs & spices

- ☐ Black pepper
- ☐ Basil
- ☐ Cayenne Pepper
- ☐ Chili powder
- ☐ Cinnamon
- ☐ Cumin
- ☐ Curry powder
- ☐ Garlic powder
- ☐ Ground ginger
- ☐ Nutmeg
- ☐ Paprika
- ☐ Rosemary
- ☐ Sea salt
- ☐ Smoked paprika
- ☐ Turmeric
- ☐ Thyme
- ☐ Oregano
- ☐ Onion powder
- ☐ Red pepper flakes

## Snacks

- ☐ A mix of healthy crackers (good options include: Wasa, Ryvita, Simple Mills and Mary's)
- ☐ Rice crackers
- ☐ Low sugar granola and energy bars
- ☐ Popcorn
- ☐ A mix of healthy chips (good options include: kale chips and plantain chips)
- ☐ 85% or 90% dark chocolate

## Baking items & sweeteners

- ☐ Coconut sugar
- ☐ Maple Syrup
- ☐ Honey
- ☐ Molasses
- ☐ Medjool Dates
- ☐ Unsweetened applesauce
- ☐ Stevia (make sure it's not refined)
- ☐ Cacao Powder
- ☐ Cacao Nibs
- ☐ Vanilla extract
- ☐ Almond extra
- ☐ Baking soda
- ☐ Baking powder
- ☐ Spelt flour, whole wheat flour, buckwheat flour, oat flour, rye flour
- ☐ Grain-free flours, including almond flour, coconut flour and cassava flour
- ☐ Dark chocolate chips (my favourite are Pascha 85% dark chocolate chips)
- ☐ Stevia sweetened chocolate chips (my favourite are Lily's dark chocolate chips)
- ☐ Dried fruits (dates, raisons, goji berries, cranberries, etc.)
- ☐ Shredded coconut

## Dairy

- ☐ Eggs
- ☐ Greek or icelandic yogurt
- ☐ Plant-based yogurt like coconut or almond
- ☐ Healthier cheeses like feta, parmesan, ricotta, goat cheese, and cottage cheese
- ☐ Cashew cheese (Spread Em Dips are my fave!)
- ☐ Dairy-free milk such as almond, oat, soy, rice, hemp, cashew or coconut

## Sauces & dips

- ☐ Tzatziki
- ☐ Hummus
- ☐ Mustards like dijon, grainy and hot
- ☐ Hot sauces
- ☐ Avocado or olive oil based mayonnaise
- ☐ Salad dressings and vinaigrettes
- ☐ Coconut aminos, low sodium tamari, low sodium soy sauce
- ☐ Salsa
- ☐ Pasta sauces
- ☐ Naturally sweetened ketchup
- ☐ Naturally sweetened BBQ sauce
- ☐ Red and green curry paste

## Produce

- ☐ **Vegetables:** artichoke, arugula, asparagus, bamboo shoots, beets, bell peppers, bok choy, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celery, chard, collard greens, corn, cucumber, daikon, eggplant, endive, ginger, green onions, hot peppers, jicama, kale, mushrooms, peas, radishes,

romaine lettuce, spinach, sprouts,  
tomatoes, tomatillo, turnips,  
turmeric, watercress, zucchini

- ☐ **Fruits:** apples, apricots, avocados, bananas, blackberries, blueberries, cantelope, cherries, cranberries, dates, figs, grapes, grapefruit, guava, honeydew, kiwis, kumquats, lemons, limes, lychee, mango, nectarines, oranges, papaya, peaches, pears, pineapple, plantains, plums, pomegranate, raspberries, rhubarb, strawberries, watermelon
- ☐ **Long-lasting pantry produce:** garlic, white potatoes, sweet potatoes, acorn squash, butternut squash, spaghetti squash, white onions, purple onions, shallots

## Fermented foods

- ☐ Kefir
- ☐ Kimchi
- ☐ Sauerkraut
- ☐ Kombucha
- ☐ Miso paste
- ☐ Fermented veggies like onions and carrots

## Protein

- ☐ Organic poultry
- ☐ Grass-fed lean ground beef
- ☐ Fish like salmon, cod and tuna
- ☐ Prawns
- ☐ A variety of dried legumes, including black beans, chickpeas and lentils (I've also listed these under the canned section if you prefer to buy them this way)
- ☐ Tofu
- ☐ Tempeh

## Freezer staples

- ☐ Organic poultry
- ☐ Grass-fed beef
- ☐ Fish like salmon, cod and tuna
- ☐ Frozen bread and tortillas
- ☐ Veggie burgers
- ☐ Frozen fruit like bananas, blueberries, raspberries, peaches, mangos and avocado
- ☐ Frozen vegetables like stir-fry blends, cauliflower rice, spinach and peas

## Healthy extras

- ☐ Matcha powder
- ☐ Herbal teas like peppermint, chamomile and sleepytime
- ☐ Coffee
- ☐ Nutritional yeast
- ☐ Clean protein powder
- ☐ Collagen peptides
- ☐ Adaptogens like reishi mushrooms, maca powder or spirulina
- ☐ Probiotic supplement
- ☐ Fish oil
- ☐ Vitamin D