

REBECCASNOW

Covid19 Shopping List

PROTEINS

- Boxed nondairy milks - hemp, oat, soy are higher in protein
- Boxed or frozen broth
- Canned beans - black, garbanzo, kidney, pinto, red, white
- Canned lentils - black, French green lentil, red
- Canned soups
- Canned fish - salmon, mackerel, anchovies, sardines, herring, chunk light tuna
- Cheese
- Dry beans - black, garbanzo, kidney, pinto, red, white
- Dry lentils - black, French green lentil, red
- Eggs - keep 5 weeks refrigerated
- Frozen fish
- Frozen meats - ground, breasts of chicken
- Jerkey – Beef or turkey or salmon
- Nut and seed butters - almond, peanut, sunflower seed
- Protein powders
 - Collagen peptides - Great Lakes or Vital Proteins
 - Rice protein powder - Nutriotics
 - Whey Protein - Tera's Whey
- Raw nuts and seeds - almond, cashew, chia, hemp, macadamia, pecan, pumpkin, sunflower, walnut
- Tofu - keep 6-8 weeks refrigerated
- Yogurt

FRUIT

- Dried fruit - apple, apricot, blueberries, coconut, currants, prunes, etc.
- Fresh that last - apples, banana, citrus, pomegranate
- Frozen fruit - berries, cherries, coconut, mango, peaches, pineapple
- Fruit jam - without sugar and high antioxidants
- Fruit juice - 100% juice blueberry, grape, pomegranate, aim for red/blue varieties for more antioxidants

CONDIMENTS

- Apple cider vinegar; salsa, hummus
- Coconut aminos or tamari
- Honey
- Avocado oil mayo

HEALTHY FATS

- Butter, grass-fed
- Oils: Extra virgin olive oil, avocado, coconut oil
- Olives
- Nuts and seeds, nut butter

STARCH

- Dried grains - buckwheat, brown rice, oats, quinoa, white rice

VEGETABLES

- Dried vegetables - beet chips, kale chips, seaweed strips
- Fermented vegetables - Bubbies pickles/sauerkraut, homemade!!
- Fresh vegetables fridge - beets, broccoli, Brussels sprouts, cabbage, carrots, celeriac, celery, rutabaga, turnips
- Fresh vegetables root cellar - garlic, onions, sweet potato, potato, winter squash - acorn, butternut, pumpkin, spaghetti
- Frozen vegetables -broccoli, cauliflower rice, collards/kale, lima beans, mixed veg, peas, spinach
- Vegetable powders - Dr Cowan's Garden, Healthforce
- Wild weeds - chickweed, garlic, dandelion, mustard, nettles, purslane

CULINARY HERBS AND SPICES (some immune favorites)

- Cayenne, Cinnamon, Cocoa powder, Coriander, Cumin, Garlic, Ginger, Lavender, Marjoram, Onion, Oregano, Rosemary, Sage, Thyme, Turmeric

ELECTROLYTES

- EmergenC packets , Hi Lyte, Keto K1000, Oxylent, 40,000 Volts