

# THE VIRGIN DIET

## Staples Shopping List

These are the items I keep on hand so I can assemble healthy, delicious Virgin Diet meals in minutes!

### **FOR YOUR FREEZER:**

Grass-fed beef tenderloin  
Pasture-fed pork tenderloin  
Organic chicken and turkey sausages  
Organic free range chicken and turkey breasts  
Frozen shrimp  
Frozen berries (blueberries, strawberries and cherries are wonderful)  
Frozen veggies (have a wide variety and use them for sides, soups and stir-fry)  
Wild fish - favorites are sole, salmon, scallops  
King crab

### **FOR YOUR FRIDGE:**

Organic gluten free turkey slices  
Gluten free roast beef slices  
Roasted whole chicken  
Nut butters: almond butter, pecan butter, walnut butter, macadamia butter and cashew butter  
Guacamole  
Fresh salsa  
Dijon mustard (gluten free)  
Salad greens (look for baby spinach & arugula in tubs)  
Flax seed (grind fresh before use)  
Chia seed  
Lemons  
Limes  
Sparkling mineral water  
Hummus  
Iced green tea (make fresh, no sugar added)  
Coconut milk  
Fresh, low-glycemic index fruits such as berries and apples  
Asparagus  
Mushrooms  
Broccoli  
Red Peppers  
Red Onions

**FOR YOUR PANTRY:**

Coconut milk  
Organic chicken broth  
Brown rice  
Quinoa  
Brown rice pasta  
Quinoa pasta  
Rice noodles  
Nuts (choose from raw almonds, cashews, pecans, walnuts, macadamia nuts, Brazil nuts, pistachios)  
Green teas (To drink both iced and hot)  
Garbanzo beans  
Black Beans  
Lentils  
Artichoke hearts  
Diced green chilies  
Sun-dried tomatoes in olive oil  
Thai Kitchen Red Curry Coconut Sauce  
Vinegar (red, balsamic, rice) for salad dressings

**FOR YOUR VEGGIE/FRUIT BIN:**

*Store these in open bins in dark spot, not the fridge*

Garlic & onions  
Sweet potatoes  
Tomatoes  
Avocados  
Beets  
Butternut squash  
Kabocha squash

**KEY OILS TO HAVE ON HAND:**

Coconut oil or Palm Fruit oil (for high temperature cooking)  
Olive oil (for medium temperature cooking)  
Extra virgin olive oil (for raw use)

**SPICES TO HAVE ON HAND:**

Sea salt	Black peppercorn
Red pepper	Italian spice blend
Mexican spice blend	Herbes de Provence
Rosemary	Oregano
Basil	Red Chile
Cumin	Curcumin (Turmeric)
Cinnamon	

