



2017 Spring Mind Body Reset

Pantry Guide

BASICS

- Olive oil
- Grapeseed oil
- Low Sodium / Gluten Free chicken or vegetable broth
- Kosher salt
- Black pepper
- Garlic cloves
- Cayenne pepper
- Paprika
- Cumin
- Herbes de Provence
- Dijon mustard
- White wine vinegar
- Onion
- Eggs, organic
- Gluten Free Oatmeal

ADDITIONS

(See weekly shopping lists for quantities)

- Beans
 - ✓ Cannellini
 - ✓ Pinto
 - ✓ Garbanzo
- Tea
 - ✓ Green
 - ✓ Black
- Nuts
 - ✓ Pine Nuts
 - ✓ Cashews
 - ✓ Almonds
- Citrus
 - ✓ Lemon
 - ✓ Lime
 - ✓ Orange

Why Beans: As we use this time to take a close look at our eating habits, one thing I encourage is to take an inventory of your diet. Most of us rely too much on animal products for protein. Incorporating beans is a great way to add a fiber, vitamins and minerals - all great hallmarks of a healthier diet. Beans are a great way to create plates that are half plant based.

Why Oatmeal: Oatmeal is filling, high in fiber, specifically soluble fiber, and is antioxidant rich and easy to prepare. While oats are naturally gluten free, many are sorted on equipment that also uses wheat. To ensure there isn't any cross contamination, we suggest buying oats that are labeled gluten free.

Why Nuts: In general, nuts pack a good protein, fiber and healthy fat punch. They are included in the reset as a heart healthy benefit and to increase the feeling of satisfaction when staying away from bread and sweets. Be careful not to eat too many of them as too much of a good thing can add unnecessary calories and fat to your daily intake.