Nourish | Nutrient-Dense Food List & Kitchen Guide

A well-stocked kitchen is key to success!
Here are some options to keep on hand to help you on your journey.

Pantry

- 100% maple syrup
- Apple cider vinegar
- Arrowroot flour/starch
- Avocado oil
- Baking soda
- Balsamic vinegar
- Blackstrap molasses
- Canned coconut milk
- Canned salmon or light tuna (BPA-free)
- Cassava flour
- Coconut aminos
- Coconut flour
- Coconut oil
- Coconut vinegar
- Coconut wraps
- Collagen powder
- Dandelion tea
- Dates
- Dried herbs
- Extra virgin olive oil
- Fish sauce
- Garlic, onion, turmeric and ginger powders
- Gelatin (plain, unflavored, bovine)
- Green olives
- Kalamata olives
- Kelp noodles
- Organic unbleached flour
- Sweet potato starch noodles
- Sea salt or pink Himalayan salt
- Raw, local honey
- Raw nuts and seeds
- Tallow, lard and/or duck fat
- Tapioca flour/starch and pearls
- Tigernut flour
- Unsweetened shredded coconut
- Whole, minimally processed organic grains

Fridge & Freezer

- Meats and seafood (grass-fed, pastured and wild-caught)
- Fermented foods and beverages
- Meat bones (grass-fed or pastured)
- Fresh herbs: rosemary, cilantro, parsley
- Fruits and vegetables (organic, local, seasonal)
- Eggs (pastured)
- Butter and quality dairy (raw, if you choose)
- Frozen fruit with no added sugar
- Frozen vegetables

Cookware, Gadgets & Goods

- Cast iron pots and pans
- Ceramic pots and pans
- Glass bakeware and storage (with lids)
- Stainless steel pots and pans
- Instant Pot or pressure cooker
- Steamer basket
- Chef's knife
- Carving knife
- Paring knife
- Vegetable peeler
- Garlic press
- Mason jars with lids
- Stock pot
- Sheet pans
- Parchment paper
- Meat thermometer
- Water filter or filtration system
- Vegetable spiralizer
- Beeswax wraps

Want a plan built for your body? Book a free discovery call at rootandremedynutrition.com

Anna Thompson, NTP · Root and Remedy Nutrition · rootandremedynutrition.com

For general education only; not medical advice. Talk with your healthcare provider before making changes, especially if you have a medical condition or take medication.

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Ingredients to watch for

NOTE: Items marked * may be well tolerated in moderation when thoughtfully prepared.

- Artificial colors (Red 40, Yellow 5, Yellow 6, Blue 1)
- Aspartame
- Sucralose
- Acesulfame potassium (Ace-K)
- Saccharin
- High-fructose corn syrup
- Partially hydrogenated oils
- Hydrogenated oils and shortening
- Margarine
- Interesterified fats
- Refined soybean, corn, canola and cottonseed oils*
- Monosodium glutamate (MSG)*
- Hydrolyzed vegetable or soy protein
- Autolyzed yeast extract*
- Sodium nitrite and nitrate (processed meats)
- BHA and BHT
- TBHQ
- Propyl gallate
- Potassium bromate
- Brominated vegetable oil (BVO)
- Sodium benzoate
- Carrageenan
- Polysorbate 80
- Carboxymethylcellulose
- Titanium dioxide
- Artificial flavors
- Natural flavors*
- Maltodextrin*
- Modified food starch*
- Gluten*

Sugars, "Hidden" Sugars & Sweeteners

- Agave nectar
- Barley malt syrup
- Beet sugar
- Brown rice syrup
- Brown sugar
- Cane juice (evaporated)
- Cane sugar
- Caramel
- Coconut sugar*
- Confectioners' sugar
- Corn syrup
- Corn syrup solids
- Date sugar*
- Dextrin
- Dextrose
- Fructose
- Fruit juice concentrate
- Galactose
- Glucose
- Glucose syrup
- Golden syrup
- High-fructose corn syrup
- Honey*
- Invert sugar
- Lactose
- Malt syrup
- Maltodextrin
- Maltose
- Maple syrup*
- Molasses*
- Muscovado
- Panela
- Rapadura
- Raw sugar
- Rice syrup
- Sorghum syrup
- Sucanat
- Sucrose
- Tapioca syrup
- Treacle
- Turbinado
- Sugar alcohols: erythritol, maltitol, mannitol, sorbitol, xylitol
- Artificial: acesulfame K, advantame, aspartame, neotame, saccharin, sucralose
- Plant-based: monk fruit*, stevia*

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