

Steph **Hendel**

8 WEEK BIKINI BODY ABS: PANTRY ESSENTIALS

If you don't have any of these ingredients prior to starting the program, make sure you pick them up. We will use everything on this list at some point during our 8 weeks.

I've added *health coach tips* to make sure you know the important stuff when buying groceries.

One of my main goals is to show you how to make healthy eating inexpensive so I've also added ways to save money by buying in bulk or shopping at certain stores.

DAIRY

- (2) 64 Oz Cartons: Almond Milk, Unsweetened, Carrageenan-Free
 - **Health Coach Tip:** Always buy carrageenan free almond milk. Carrageenan causes chronic inflammation which is linked to heart disease, Alzheimer's, Parkinson's and cancer. When choosing almond milk flavor, pick unsweetened. Many sweeteners are artificial and processed which will hold you back from reaching your health goals. If you want to sweeten it, add your own raw, local honey or grade A maple syrup.
 - **Best place to buy:** Whole Foods 365 Brand

MEAT

- (8) Chicken Breasts, Organic, Free-Range
 - **Best place to buy:** Costco

VEGGIES

- (1) Red Onion
- (3) Small Yellow Onions
- (1) White Onion
- (24) Carrots, Whole, Organic
 - **Best place to buy:** Costco
- (1 Bag) Frozen Corn Kernels, Organic & Non-GMO
 - **Best Place to Buy:** Whole Foods: 365 Brand

- **Health Coach Tip:** Non-GMO approved brands
<http://www.nongmoproject.org/find-non-gmo/search-participating-products/browse-products-by-brand/>

FRUIT

- (4) 4 Lb Bags Frozen Berries, Organic
 - **Best Place to Buy:** Costco Kirkland Brand
 - Compared to: \$12.99 for the 3 Lb Bag at the regular grocery store

HERBS & SPICES

Best prices are found at your local grocery store unless otherwise noted. Buy organic whenever possible. It can be hit or miss but check Marshall's, TJMaxx or Home Goods from time to time to find spices at great prices.

- Cumin Powder
- Chili Powder
- Garlic Powder
- Cinnamon Powder
- Cayenne Pepper
- Onion Powder
- Crushed Red Pepper
- Oregano
- Rosemary
- (3 Inch Piece) Fresh Ginger Root
- (4 Cloves) Garlic
- Black Pepper
- Pink Himalayan Sea Salt
 - **Best place to buy:** Whole Foods
 - **Health Coach Tip:** Reason to use PHSS
http://www.naturalnews.com/028724_Himalayan_salt_sea.html

GRAINS

- (2 Cups/4 Oz) Millet
 - **Best Place to Buy:** Whole Foods Bulk Bin
- (2 ½ Cups) Brown Rice
 - **Best Place to Buy:** Whole Foods Bulk Bin
- (3 ½ Cups) Quinoa, Organic
 - **Best Place to Buy:** Costco: Truroots Organic Quinoa (4 lb bag is \$12.99-\$18.99 compared to \$28.00 for 4 lbs at Whole Foods)
- (5 Cups) Steel Cut Oats, Organic
 - **Best Place to Buy:** Costco: Bob's Red Mill

NUTS

- 3 Lb Bag Almonds
 - **Best Place to Buy:** Costco Kirkland Brand

OILS & VINEGARS

- 16 - 54 Oz Coconut Oil, Organic, Cold-Pressed
 - **Best Place to Buy:** Costco (54oz for \$15.00ish compared to 16 oz for \$12.99 at regular grocery store)
- 16 Oz Bottle Bragg's Raw Apple Cider Vinegar
 - **Best Place to Buy:** Your Local Grocery Store
- 1 750 Ml Bottle Olive Oil, Cold-Pressed (in a dark bottle)
 - **Best Place to Buy for Price:** Costco, Kirkland Organic
- 1 Small Bottle of Balsamic Vinegar
 - **Best Place to Buy:** Your Local Grocery Store
- 1 Small Bottle Rice Wine Vinegar
 - **Best Place to Buy:** Your Local Grocery Store

BEANS & LEGUMES

- 1 (15 Oz Can) Kidney Beans, Organic & No Salt
 - **Best Place to Buy:** Your Local Grocery Store
- 3 (15 Oz Cans) Black Beans, Organic & No Salt
 - **Best Place to Buy:** Your Local Grocery Store
- 6 (15 Oz Cans) Chickpeas, Organic & No Salt
 - **Best Place to Buy:** Your Local Grocery Store
- 4 ½ Cups of Lentils
 - **Best Place to Buy:** Bulk Bins at Your Local Health Food Store

OTHER

- 1 Small Bottle of Sesame Oil
 - **Best Place to Buy:** Your Local Grocery Store
- 1 Small Bottle of Hoisin Sauce
 - **Best Place to Buy:** Your Local Grocery Store
- 1 Small Bottle of Ketchup, Organic No-Sugar Added
 - **Best Place to Buy:** Organic Section of Your Local Grocery Store
- 1 Small Bottle of Bragg's Liquid Aminos
 - **Best Place to Buy:** Your Local Health Food Store
- 4 Tbsp Cocoa Powder
 - **Best Place to Buy:** Bulk Bins at Your Local Health Food Store
- Salsa, No-Sugar Added
 - **Health Coach Tip:** Make sure you can pronounce all of the ingredients in salsa. Look for a local salsa made with all fresh ingredients.
 - **Best Place to Buy:** Your Local Health Food Store
- 1 Small Jar Sun Dried Tomatoes

- **Best Place to Buy:** Your Local Grocery Store
- 3 Small To-Go Packets of Justin's Plain Almond Butter
 - **Best Place to Buy:** Your Local Health Food Store
- 1 Bag Mung Bean Pasta, Explore Asia Brand
 - **Best Place to Buy:** Your Local Health Food Store
- Small Jar Honey, Raw & Local
 - **Best Place to Buy:** Your Local Farmer's Market
- 1 Vanilla Extract
 - **Best Place to Buy:** Simply Organic Brand at Your Local Grocery Store
- 1 Maple Syrup, 100% Pure, Grade A
 - **Best Place to Buy:** Costco, Kirkland (33.8 oz \$15.99-\$18.99 compared to 16 oz for \$12.00)
- 1 Large Jar Kalamata Olives (You will need around 40 olives for the program)
 - **Best Place to Buy:** Costco
- 1 Small Hot Sauce, No Sugar Added
 - **Best Place to Buy:** Organic Section of Your Local Grocery Store
- 1 Dijon Mustard
 - **Best Place to Buy:** Your Local Grocery Store
- 1 Packet Simply Organic Taco Seasoning
 - **Best Place to Buy:** Organic Section of Your Local Grocery Store
- 14 Snack Size Ziplock Bags
 - **Best Place to Buy:** Your Local Grocery Store
- 1 Large Bag of Chia Seeds
 - **Best Place to Buy:** Costco (2 Lb Bag \$16.50 compared to 1 lb bag for \$12.99)