



SARA SISKIND NUTRITIONIST

HEALTHY HABITS SHOPPING LIST

A kitchen full of healthy delicious
food helps create better habits that
stick!

START TODAY!



www.sarasiskind.com



SHOPPING LIST

PROTEIN

PLANT-BASED

CHICKPEAS AND OTHER LEGUMES
MUNG BEAN PASTAS
BLACK BEAN PASTA
PEAS, HEMP OR RICE
PROTEIN POWDER
NUTS, GRAINS AND SEEDS

MEAT AND POULTRY

FREE-RANGE EGGS
ORGANIC GRASS-FED BEEF
ORGANIC CHICKEN
FRESH FISH AND SEAFOOD

NON-DAIRY ALTERNATIVES

UNSWEETENED ORGANIC ALMOND OR COCONUT MILK - AS FEW INGREDIENTS AS POSSIBLE

DAIRY FREE ORGANIC YOGURTS - COCONUT, ALMOND, CASHEW

VEGGIES

SPINACH
KALE
ARUGULA
ROMAINE LETTUCE
BOK CHOY
SWISS CHARD
BEETS
GREEN BEANS
ASPARAGUS
ZUCCHINI
ONIONS
GARLIC
CAULIFLOWER
TOMATOES
BROCCOLI
CARROTS
TURNIPS
PARSNIPS
MUSHROOM
SWEET POTATO
SEAWEED

*DON'T FEAR FROZEN. THEY SAVE TIME AND ARE JUST AS GOOD AS FRESH.

GRAINS/NUTS/SEEDS

SEEDS

PEPITAS
SUNFLOWER SEEDS
CHIA SEEDS
HEMP SEEDS

NUTS

PISTACHIOS
WALNUTS
BRAZIL NUTS
CASHEWS
ALMONDS
MACADAMIA
GRAINS
ROLLED OATS
BUCKWHEAT
BROWN OR BLACK RICE

OILS

COLD PRESSED COCONUT OIL
EXTRA VIRGIN OLIVE OIL
GRAPESEED OIL
AVOCADO OIL
MACADAMIA OIL
GHEE
ORGANIC GRASS-FED BUTTER

FRUITS

(ALL ORGANIC WHEN POSSIBLE)

BERRIES (FRESH BUY SEASONALLY/FROZEN ALL YEAR ROUND)
ORANGES
GRAPEFRUIT
CLEMANTINE
LEMONS
LIMES
BANANAS
MELLONS

BAKING

FLOURS

SPELT FLOUR
COCONUT FLOUR
ALMOND MEAL/FLOUR
OAT FLOUR
BUCKWHEAT FLOUR
BAKING POWDER
BAKING SODA

NATURAL SWEETENERS

COCONUT SUGAR
MAPLE SYRUP
MEDJOO DATES
RAW HONEY
MAPLE SYRUP

CONDIMENTS

APPLE CIDER VINEGAR
TAMARI
MIRIN
DIJON MUSTARD
WHITE WINE VINEGAR
BALSAMIC

MY FAVORITES

HEALTHY EXTRAS

COCONUT CREAM
COCONUT BUTTER
GOGI BERRIES
CACAO POWDER/NIBS
VANILLA BEAN/POWDER

KITCHEN TOOLS

VITAMIX OR ANOTHER HIGH POWER BLENDER
GOOD QUALITY CHEF'S KNIFE
PYREX STORAGE CONTAINERS IN ALL SIZES
FOOD PROCESSOR
JUICER
POTS AND PANS (STEEL OR CAST IRON)



HOW TO HACKS

Use this list to lose weight and feel great

Having healthy food sets you up for success.

Here are a few ways to best use this list.

1. **Buy big bags of carrots or celery. Peel them all and chop them. Put them into baggies. When you get a craving, having carrots or celery prepped and ready to grab makes it easier to snack healthy.**
2. **Always have a water bottle full and ready to go. Feel a craving coming on, drink some water before you reach for the snacks.**
3. **Buy frozen veggies. No need to chop & wash and never goes bad. Saves time. Go from freezer to stove or air fryer.**
4. **Keep trigger foods out of the house. If it's not on this list, don't add it. If it's in your face, it's hard to say NO!**
5. **Surround yourself with like-minded people. Find friends that are also looking to be healthy and spend more time with them.**



ANTI-INFLAMMATORY GREEN SMOOTHIE

INGREDIENTS:

- 1 cup of unsweetened vanilla almond milk
- 1 handful of kale or spinach
- 1 small frozen banana- chopped into quarters
- 1 tablespoon of almond butter
- 1 tsp flax seed or flax seed meal
- Dash of cinnamon

DIRECTIONS:

- Add all ingredients into a high powered blender and blend until creamy and smooth.

Enjoy!



FIBER-RICH GREEN CHIA PUDDING



INGREDIENTS:

- 1 cup unsweetened almond milk
- 1 handful of fresh baby spinach
- 1 large medjool date without pit
- 3 tablespoons of chia seeds
- Dash of cinnamon - optional
- 1 cup of fruit of choice for topping

DIRECTIONS:

1. In the high-power blender add almond milk, date, and spinach and blend until smooth.
2. Add chia seeds and mix well. Add the cinnamon.
3. Store covered in the fridge for 2 hours or overnight.
4. Add one cup of fruit of choice on top and enjoy!



PROTEIN-PACKED VEGETABLE EGG MUFFINS



INGREDIENTS

- 2 eggs, 6 egg whites, organic
- 4 cherry tomatoes, chopped
- 3 green onions, chopped (optional)
- 1 red bell pepper, chopped

handful of baby spinach, roughly chopped

- Sea salt, pepper and garlic powder to taste

DIRECTIONS

- Preheat the oven to 375F and whisk the eggs, salt, pepper, and garlic powder in a large mixing bowl.
- Heat a large sized frying pan on medium heat and spray with olive oil.
- Add onions first and saute for 2 minutes, then add peppers, tomatoes and spinach. Let cook for 2-3 more minutes or until soft.
- Add in the peppers, onions, tomatoes and baby spinach to egg mixture. Whisk until combined.
- Lightly grease a muffin tin with a spray of olive oil and pour the egg mixture evenly into 6 muffin cups. Can use parchment cup liners.
- Bake for 15-20 minutes or until the muffin tops are firm to the touch



HEART-HEALTHY LEMON ROSEMARY SALMON WITH VEGGIES



Ingredients

- 1 tablespoon garlic, minced
- 1 tablespoon dried rosemary
- 1 tablespoon dried oregano
- 1 tablespoon dried basil
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- 4 fillets salmon
- 1 large zucchini, chopped
- 1 cup mushroom, sliced
- 1 yellow bell pepper, sliced
- 1 pt cherry tomato, halved
- olive oil, to taste
- salt, to taste
- pepper, to taste

Directions:

- 1.Preheat oven to 400°F (200°C).
- 2.Combine garlic, herbs, olive oil, lemon juice, salt, and pepper. Mix well.
- 3.Line one baking sheet with parchment paper, lay salmon filets on one side of pan and cover with $\frac{1}{3}$ of herb mixture. Flip salmon filets and cover with remaining $\frac{2}{3}$ of mixture.
- 4.Spread all cut vegetables (tomatoes, bell pepper, zucchini, and mushrooms) out on the remainder of the pan, then drizzle with olive oil, salt, and pepper to taste.
- 5.Bake for 30 minutes or until tomatoes are bursting and salmon flakes easily.
- 6.Enjoy!