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# Monthly Grocery List

## Stock Up On Shelf-Stable and Freezable Foods

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Buy these items in bulk on a monthly basis to shorten the amount of time you spend grocery shopping every week! Buying in bulk also saves you money. Invest in a deep freezer to store meat and fish, and extra shelves and glass jars for pantry items!

COCONUT MILK	<ul style="list-style-type: none"><li>- full-fat, canned coconut milk</li><li>- ideally choose a brand without any additives such as Aroy D or Real Thai</li></ul>
COFFEE BEANS	<ul style="list-style-type: none"><li>- organic, fair trade</li></ul>
DRIED FRUIT	<ul style="list-style-type: none"><li>- dates, figs, raisins</li><li>- sugar-free, oil-free</li></ul>
FISH	<ul style="list-style-type: none"><li>- wild salmon, shrimp, halibut, mackerel, tuna</li><li>- sardines, canned salmon or canned tuna packed in olive oil or water</li></ul>
GINGER ROOT	<ul style="list-style-type: none"><li>- store in fridge to preserve freshness</li></ul>
MEAT & OFFAL	<ul style="list-style-type: none"><li>- should <b>always</b> be grass-fed, hormone-free and antibiotic-free (check with your butcher, store or farmer)</li><li>- <b>beef:</b> ground beef, stewing beef, oxtail, short ribs</li><li>- <b>pork:</b> bacon, breakfast sausage, sausage, pork chops, pork shoulder, ground pork</li><li>- <b>poultry:</b> chicken thighs/ wings/ legs, roaster, duck</li><li>- <b>offal:</b> beef liver, chicken livers, beef heart, chicken feet, soup bones</li></ul>
OLIVES	<ul style="list-style-type: none"><li>- preservative free</li></ul>
SALSA	<ul style="list-style-type: none"><li>- sugar-free</li><li>- organic whenever possible</li></ul>
SAUERKRAUT	<ul style="list-style-type: none"><li>- it is best to make your own</li><li>- if buying, make sure it is raw and unpasteurized (ie. found in a fridge)</li></ul>
SHREDDED COCONUT	<ul style="list-style-type: none"><li>- preservative and sugar free</li></ul>
SQUASH	<ul style="list-style-type: none"><li>- butternut, delicata, spaghetti, acorn, buttercup</li><li>- opt for local whenever possible</li><li>- conventional is a fine option</li><li>- store in a cool, dry place</li></ul>

