



# BODY BY BRITTNEY

## Kitchen Pantry Shopping List

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### FLOURS

Almond meal  
Coconut flour  
Oat, brown rice & buckwheat flour (I usually grind my own as needed)  
Polenta

### GRAINS & PASTA

Amaranth  
Black rice  
Brown rice or quinoa pasta  
Buckwheat soba noodles  
Buckwheat & sweet potato soba noodles  
Millet  
Oats ( steel-cut & rolled)  
Sprouted Quinoa  
Sushi rice  
Trader Joe's brown & wild sprouted rice

### LEGUMES

Black beans  
Black eyed peas  
Chickpeas i.e. garbanzo beans  
Kidney beans  
Peas  
Sprouted lentils (red are my favorite)  
Sprouted mung beans  
White beans

### DRIED FRUIT

Apricots  
Coconut  
Cranberries (unsweetened)  
Dates  
Goji berries  
Prunes (un-sulphured)  
Raisins or currants

### NUTS & SEEDS

Almonds (raw & roasted)  
Brazil Nuts  
Cashews  
Chia seeds  
Dates  
Flax seeds  
Hemp Seeds  
Pecans  
Pistachios (habañero is my favorite!)  
Prunes  
Pumpkin Seeds  
Sesame seeds (white & black)  
Sunflower Seeds  
Trader Joe's mixed blend (dry roasted and raw)  
Walnuts

## OILS & VINEGARS

Apple cider vinegar (with the mother)  
Balsamic vinegar  
Coconut oil  
Cold-pressed olive oil  
Garlic infused olive oil  
Toasted pumpkin seed oil  
Red wine vinegar  
Sesame oil (raw & toasted)  
Ume vinegar

## CONDIMENTS & CANNED/BOTTLED GOODS

Almond butter  
Coconut amino's  
Coconut butter (also called manna)  
Coconut milk (full fat)  
Ghee  
Hot sauce  
Mustard (dijon & whole grain)  
Nutritional yeast  
Peanut butter  
Salsa  
Spaghetti sauce  
Tamari  
Unsweetened apple sauce

## SWEETENERS

Maple syrup (grade B)  
Honey (raw, unfiltered)  
Dates  
Coconut sugar  
Blackstrap molasses

## SPICES

Basil  
Bay leaves  
Berbere  
Cardamom  
Cayenne pepper  
Chili powder  
Chipotle  
Cilantro  
Cinnamon  
Cumin  
Curry  
Dill  
Garlic powder  
Marjoram  
Mustard seeds  
Nutmeg  
Onion powder  
Oregano  
Paprika (sweet & smoked)  
Parsley  
Peppercorns  
Red pepper flakes

Rosemary  
Sage  
Sea salt  
Star anise  
Thyme  
Turmeric  
Vanilla, almond & peppermint extract

### **PACKAGED**

Bread (Ezekiel brand or an ancient grain sourdough from farmer's market)  
Brown rice wraps  
Cereal (Ezekiel brand)  
Mary's Gone gluten-free crackers  
Nori sheets  
Popcorn kernels  
Tortillas (corn & sprouted wheat)

### **ODDS & ENDS**

Arrowroot powder  
Baking soda & powder  
Bee pollen  
Cacao nibs  
Cacao powder  
Capers  
Chocolate bar (100%)  
Eggs (pasture-raised only)  
Kimchee  
Miso  
Pickles  
Sauerkraut  
Tempeh

### **DRINKS**

Coconut water (100%)  
Kombucha  
Red wine  
Tea (Assorted)  
Trader Joe's organic juice blend

### **FREEZER**

Acai packets  
Fruits  
Spinach

# Hey Beautiful!



My name is Brittney daCosta and I'm a health and lifestyle coach who works with women who want to have clear skin, lose weight and feel sexy in a bikini – but don't know where to start.

Through simple and easy steps, I show you how to have the confidence and energy to live a life full of adventure. I help you lose weight and feel good about your body so you can focus on having FUN.

I believe a healthy, happy body is easier than you think.

X

A handwritten signature in black ink that reads "Brittney". To the left of the signature is a simple line-art heart symbol.

LEARN MORE AT  
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