

HEALTHY KITCHEN GROCERY CHECKLIST

Your guide to whole, nutrient-dense, and vibrant Caribbean living

1. FRESH AROMATICS & GREENS

☐ Fresh Herbs & Aromatics

Parsley, scallions, thyme, garlic, onions, ginger (Epis essentials)

☐ Leafy Greens

Cabbage, spinach, kale, callaloo greens

☐ Bell Peppers

Vibrant colors, rich in Vitamin C & perfect for bases

2. FRESH PRODUCE & FRUITS

☐ Tomatoes

Fresh for salads/sauces, high in lycopene

☐ Citrus Fruits

Lemons & limes (essential for cleaning meats & bright marinades)

☐ Tropical Fruits

Mango, papaya, pineapple, watermelon

☐ Avocados (Zaboka)

Heart-healthy monounsaturated fats

3. GROUND PROVISIONS & CARBS

☐ Root Vegetables (Provisions)

Malanga, yautia, eddoe, sweet potatoes, cassava

☐ Plantains

Green (resistant starch) or ripe (natural sweetness)

☐ Whole Grains

Bulgur wheat (blé), brown rice, whole-cut oats

☐ Cauliflower Alternatives

Cauliflower rice & low-carb pizza crusts

4. CLEAN PROTEINS & SEAFOOD

☐ Fresh Fish & Seafood

Snapper, salmon, sea bass, shrimp

☐ Lean Poultry

Chicken & turkey breast (versatile meal prep bases)

☐ Eggs

Complete, high-quality protein rich in choline

5. PANTRY, FATS & OILS

☐ Healthy Cooking Oils

Avocado oil (high heat) & Extra Virgin Olive Oil (drizzling)

☐ Pantry Starters

Canned tomatoes, tomato paste, coconut milk, low-sodium broth

☐ Frozen Fruit & Veg

Perfect for quick morning smoothies & reducing waste

☐ Plain Yogurt

Greek or plain style for protein-rich marinades & breakfasts

6. WELLNESS SPICES & TEAS

☐ Hibiscus (Sorrel)

Antioxidant-rich calyces for heart health and herbal tea

☐ Turmeric

Fresh root or ground powder for potent anti-inflammatory benefits

☐ Warm Herbs & Spices

Paprika, thyme, garlic powder, cumin, cinnamon, nutmeg, allspice

 **Caribbean Green Living Strategy:** Use your fresh herbs, aromatics, and healthy cooking oils at the start of the week to blend a massive batch of fresh **Haitian Epis**. Use it to marinate your seafood and lean poultry for effortless, nutrient-rich wellness meals all week long!