

Produce in Season

Winter (December, January, February)		Spring (March, April, May)	
VEGETABLES:	FRUITS:	VEGETABLES:	Mustard greens
Broccoli	Apples	Artichokes	New potatoes
Brussels sprouts	Cranberries*	Asparagus	Peas
Cabbage	Grapefruit*	Avocados*	Spinach
Cauliflower	Kiwis*	Beets	Swiss chard
Collard greens	Lemons*	Broccoli	Watercress
Herbs	Limes*	Carrots	
Kale	Oranges*	Celery	FRUITS:
Leeks	Tangerines*	Chives	Cherries
Mushrooms		Collard greens	Mangoes*
Onions		Fennel	Pineapples*
Potatoes		Green onions	Rhubarb
Rutabaga		Herbs	Strawberries
Turnips		Kale	Tangerines*
Winter squash		Lettuces/salad greens	
Summer (June, July, August)		Fall (September, October, November)	
VEGETABLES:	Spinach	VEGETABLES:	Pumpkins
Beets	Summer squash	Beans	Radishes
Broccoli	Swiss chard	Beets	Spinach
Cabbage	Tomatoes	Broccoli	Sweet potatoes
Carrots	Zucchini	Brussels sprouts	Swiss chard
Celery		Cabbage	Tomatoes
Collard greens	FRUITS:	Carrots	Turnips
Corn	Apricots	Cauliflower	Winter squash
Cucumber	Blackberries	Celery	Zucchini
Eggplant	Blueberries	Collard greens	
Garlic	Cherries	Cucumber	FRUITS:
Green beans	Melons	Garlic	Apples
Herbs	Nectarines*	Herbs	Cranberries*
Lettuces/salad greens	Peaches	Kale	Figs*
Okra	Pineapples*	Leeks	Grapes
Onions	Plums	Lettuces/salad greens	Kiwis*
Peas	Raspberries	Mushrooms	Melons
Peppers	Strawberries	Onions	Nuts*
Potatoes	Watermelon	Parsnips	Pears
Radishes		Peas	Plums
		Peppers	Pomegranates*
		Potatoes	Raspberries

*Produce at its peak but likely not grown locally (unless you live in the southern U. S.) or imported from outside the United States

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Getting REAL nationwide from Fort Collins, Colorado

Real Food Kitchen Staples Checklist

These foods are helpful to keep on hand in your real food kitchen. You probably won't have some of the real food items on this list in your kitchen currently and you probably won't need some of them. As you cook an increasing variety of real food meals and increase your recipe repertoire, slowly add in new pantry and perishable staples. Here are the real food staples to start stocking your kitchen with.

Fresh Vegetables and Herbs (Seasonal):

- Carrots
- Celery
- Lettuces
- Leafy greens (kale, Swiss chard, spinach)
- Broccoli
- Tomatoes
- Summer squash
- Winter squash
- Sweet potatoes
- Beets
- Cauliflower
- Onions
- Garlic
- Ginger
- Basil
- Cilantro
- Parsley

Fresh Fruit (Seasonal):

- Apples
- Pears
- Blueberries
- Strawberries
- Cherries
- Melon (watermelon, honeydew, cantaloupe)
- Grapefruit
- Oranges
- Lemons

Frozen Fruit and Vegetables:

- Frozen blueberries
- Frozen strawberries
- Frozen blackberries
- Frozen raspberries
- Frozen bananas (peeled and quartered)
- Frozen mangoes
- Frozen corn
- Frozen peas
- Frozen spinach

Meat, Poultry, Seafood and Vegetarian Protein:

- Chicken (free-range or organic)
- Turkey (free-range or organic)
- Lean beef (grass-fed, hormone-free)
- Bison or game meat
- Wild Alaskan salmon
- Wild cod
- Scallops
- Tilapia
- Organic tempeh
- Organic extra firm tofu

Dairy Products, Dairy Substitutes and Eggs:

- Organic milk
- Organic butter
- Cheeses (cheddar, mozzarella, etc.)
- Plain Greek yogurt
- Oat milk (DF)
- Rice milk (DF)
- Almond milk (DF)
- Eggs (organic or free-range, hormone-free, antibiotic-free)

Pantry Staples:

- Diced tomatoes (canned)
- Crushed tomatoes (canned)
- Tomato paste (canned)
- Sun-dried tomatoes
- Green olives
- Black olives
- Capers
- Pickles
- Apple butter (unsweetened)
- Fruit spreads (unsweetened or fruit juice sweetened)
- Coconut milk (canned)
- Beef broth
- Chicken broth (free-range)
- Vegetable broth
- Sardines (canned)
- Tuna in water (canned)
- Salmon (boneless and skinless, canned)

Whole Grains:

- Quinoa (white and red)
- Millet
- Buckwheat or kasha (roasted buckwheat)
- Arborio rice
- Short or medium grain brown rice
- Brown basmati rice
- Thick rolled oats
- Steel-cut oats
- Corn meal
- Popcorn kernels
- Whole wheat flour
- Brown rice flour (GF)
- Sorghum flour (GF)
- Quinoa flour (GF)
- Buckwheat flour (GF)
- Tapioca starch (GF)

Whole Grain Products:

- Whole grain cold cereal
- Granola
- Raw muesli
- Soba noodles
- Whole wheat pasta
- Sprouted whole grain bread
- Whole wheat pitas
- Whole grain crackers
- Nut or rice crackers (GF)
- Brown rice pasta (GF)
- Quinoa pasta (GF)
- Brown rice tortillas (GF)
- Corn tortillas (GF)

Beans and Legumes:

- Dried kidney beans
- Dried black beans
- Dried pinto beans
- Dried garbanzo beans
- Dried split peas
- Dried lentils (green and red)
- Canned kidney beans
- Canned black beans
- Canned pinto beans
- Canned white beans
- Canned garbanzo beans

Dried Fruit:

- Raisins
- Dried apricots
- Dried cranberries (unsweetened)
- Dried cherries
- Dried apples

Nuts and Seeds:

- Raw walnuts
- Raw almonds
- Raw cashews
- Raw pine nuts
- Raw sunflower seeds
- Raw pumpkin seeds
- Raw sesame seeds
- Flax seeds
- Chia seeds
- Natural peanut butter (unsalted)
- Almond butter
- Cashew butter
- Sunflower seed butter
- Tahini (ground sesame seed butter)

Sea Vegetables:

- Dulse flakes
- Kelp
- Kombu strips
- Wakame
- Nori sheets

Vinegars and Cooking Wines:

- Raw apple cider vinegar
- Balsamic vinegar
- Brown rice vinegar
- Red wine vinegar
- White wine vinegar
- Umeboshi plum vinegar (aka ume)
- Sherry or sherry vinegar

Oils:

- Extra virgin olive oil
- Flaxseed oil
- Virgin coconut oil
- Grapeseed oil
- Toasted sesame oil
- Hot pepper sesame oil

Natural Sweeteners:

- Pure maple syrup
- Raw honey
- Medjool dates
- Raw coconut sugar
- Raw cane sugar
- Brown rice syrup
- Raw agave nectar
- Blackstrap molasses
- Stevia extract

Herbs and Spices:

- Dried parsley
- Dried basil
- Dried oregano
- Dried thyme
- Dried rosemary
- Bay leaves
- Cinnamon
- Ginger
- Cumin
- Cardamom
- Cayenne pepper
- Paprika
- Turmeric
- Ground black pepper
- Garlic powder
- Mustard seed
- Chili powder
- Curry powder
- Garam masala

Salt and Salt Substitutes:

- Celtic sea salt
- Bragg's Liquid Aminos
- Organic seasoned salt (Herbamare, Trocomare)
- Gomasio (sea salt and sesame seeds)
- Traditional soy sauce
- Tamari (GF soy sauce)

Condiments and Other Kitchen Staples:

- Cultured vegetables
- Raw sauerkraut
- Ketchup (naturally sweetened)
- Dijon mustard
- Miso paste
- Wasabi
- Hot chili sauce (Siracha)
- Horseradish
- Hummus
- Baba ghanoush
- Salsa
- Nutritional yeast
- Cocoa powder or raw cacao (powder or nibs)
- Vanilla extract
- Baking powder
- Baking soda
- Xanthan gum (GF)
- Green tea
- Herbal teas

GF- indicates an item that should be certified
Gluten Free if necessary

Real Food Kitchen Tools Checklist

The Kitchen Essentials

Certain kitchen tools, utensils, and appliances in working order are must-haves for your real food kitchen to cook healthy meals efficiently. As you start to cook more and more, you'll learn which kitchen tools and appliances make your life easier and which ones you can do without. When it comes to kitchen tools, quality is much more important than quantity. These are the essentials.

Cutting boards:

- Large cutting board
- Medium cutting boards (x 3)

Knives:

- Paring knife
- 6" chef's knife
- 8" or 10" chef's knife
- Heavy cleaver
- Serrated knife

Utensils:

- Solid wooden spoons (x 2)
- Slotted wooden spoon
- Flat-bottomed wooden spoon
- Metal serving spoons (x 2)
- Ladle
- Rubber spatulas (x 2)
- Flat plastic spatula
- Flat metal spatula
- Metal tongs w/ spring-loaded hinge (x 2)
- Vegetable peeler
- Hand can opener

Measuring cups and spoons:

- 2 cup glass measuring cup
- 4 cup glass measuring cup
- Set of stainless steel dry measuring cups
- Stainless steel measuring spoons

Graters:

- Box grater w/ 4 different blades
- Microplane grater/zester

Cookware:

- 2 quart saucepan
- 6 or 12 quart stock pot
- 10" or 12" sauté pan
- 4 or 6 quart sauté pan
- 6" or 7" skillet

Strainers:

- Large metal colander
- 6" or 7" fine mesh strainer

Bakeware:

- 8" or 9" pie plate
- 9" x 13" baking dish
- 8" or 9" square baking dish
- Loaf pan
- Cookie sheets w/ raised sides (x 2)

Mixing and Storage Bowls:

- Stainless steel mixing bowls (x 2)
- Glass mixing bowls w/ lids (x 4)
- Glass storage bowls w/ lids (x 4)

Lunch and Travel Containers:

- Assorted size plastic containers w/ lids (x 4)
- Stainless steel interlocking containers

Blenders:

- Blender w/ glass pitcher
- Immersion blender

Other Helpful Kitchen Tools

Some other kitchen tools are not essential but may make your life easier. These are nice to have when you need them and will make certain tasks faster and easier. If you have no use for something, don't buy it or keep it in your kitchen just in case you need it once a year—that is a waste of money and valuable kitchen space. Only keep these items in your kitchen if they will help you out.

Kitchen Tools:

- Wok
- Dutch oven
- Thermometer
- Garlic press
- Apple peeler
- Citrus juicer or reamer
- Whisks
- Cookie scoop (tsp. and Tbsp. size)
- Vegetable steaming basket

Appliances:

- Salad spinner
- Small handheld electric mixer
- Stand-up mixer with multiple attachments (ex. Kitchen Aid)
- Food processor (ex. Cusineart, Kitchen Aid)
- High powered blender (ex. Vitamix)
- Pressure cooker
- Slow cooker
- Rice cooker
- Dehydrator (ex. Excalibur)
- Juicer (ex. Champion)

Other:

- Meal planning binder
- Real food cookbooks

Meal Planning Worksheet

Each week before you go grocery shopping, complete this meal planning worksheet.

1. Are there any events in the evenings this week? Birthdays or holidays? Special requests?	2. Is there anything that needs to be used up?	4. Are there any ingredients needed for meals this week to add to the grocery list?

3. Meals for the week:			
Day/#	Lunch	Dinner	Any prep needed?

Real Food Meals

Fruit
Apples
Apricots
Banana**
Blackberries
Blueberries
Cantaloupe
Cherries
Dates**
Figs**
Fruit
Grapefruit
Grapes**
Honeydew
Kiwi
Mango
Nectarines
Oranges
Peaches
Pears
Pineapple
Plums
Raisins**
Raspberries
Strawberries
Watermelon

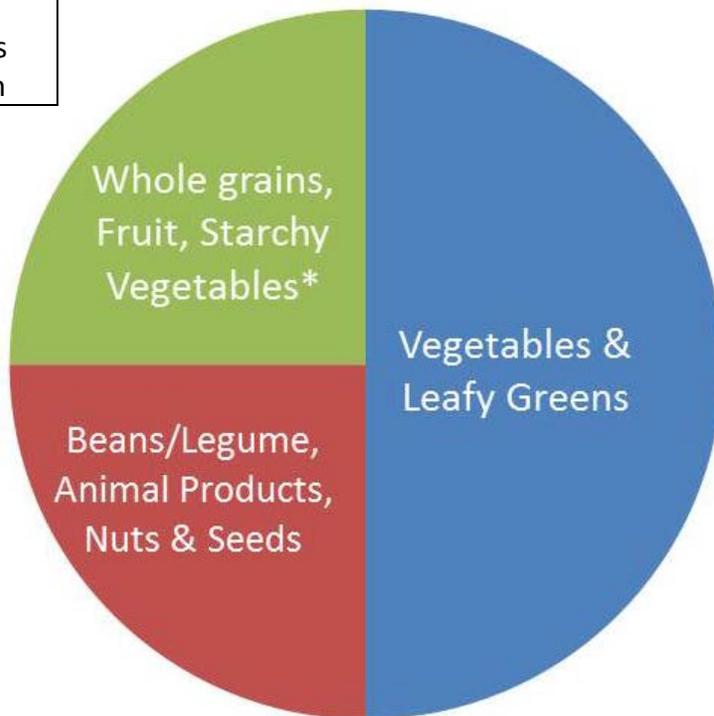
Vegetables & Leafy Greens	
Artichokes	Fennel
Arugula	Garlic
Asparagus	Green beans
Basil	Green onions
Beet greens	Hot peppers
Beets*	Kale
Bell peppers	Lettuce
Bok Choy	Mushrooms
Broccoli	Mustard greens
Brussels sprouts	Onions
Cabbage	Parsley
Carrots*	Parsnips
Cauliflower	Potatoes*
Celery	Radishes
Cilantro	Spinach
Collard greens	Summer squash
Cucumber	Sweet potatoes*
Eggplant	Swiss chard
Endive	Tomatoes
	Winter squash*

Whole Grains/ Pseudo-Grains
Amaranth +
Barley
Brown rice +
Buckwheat +
Corn +
Millet +
Oats
Quinoa +
Rye
Spelt
Teff +
Whole wheat
Wild rice +

Animal Products
Beef
Bison
Cheese
Chicken
Cottage cheese
Eggs
Fish
Milk
Seafood
Turkey
Yogurt

Beans/Legumes
Adzuki beans
Black beans
Black-eyed peas
Garbanzo beans
Green peas
Kidney beans
Lentils
Pinto beans
Soy beans
Tofu
Tempeh

Healthy Fats
Avocado
Butter
Coconut oil
Grapeseed oil
Nut butter
Nuts
Olive oil
Olives
Seeds
Sesame oil



Key:
 * Starchy vegetables
 ** High glycemic fruits
 + Gluten free whole grains

Sample Real Food Meal Plans

It's often helpful to see an example when you get started doing something new and meal planning is no different. If you're struggling with meal planning or just want to get some new ideas, check out these real food meal plans to get you started making your own. Here are two sample 7 day meal plans—one for summer and one for winter. Each meal plan incorporates a variety of real foods. Simply adapt them to suit your needs and dietary restrictions.

Sample 7 Day Real Food Meal Plan for Summer:

Day/#	Breakfast	Lunch	Dinner	Any prep needed?
Monday	Classic oatmeal w/ berries and walnuts	Black bean, corn, and avocado salad	Grilled salmon w/ lemon and garlic, quinoa confetti salad	
Tuesday	Very blueberry smoothie	Leftover salmon on salad, quinoa confetti salad	Black bean burgers in lettuce wraps w/ salsa, sweet potato fries	Soak brown rice for tomorrow's dinner, soak chickpeas
Wednesday	Chocolate banana smoothie	Large taco salad w/ black bean burger, salsa, veggies	Chickpea and lentil dahl w/ brown rice, Swiss chard sauté	Thaw chicken for tomorrow's dinner, freeze extra chickpeas for Sunday
Thursday	Coconut brown rice pudding using leftover rice	Chickpea and lentil dahl w/ brown rice, Swiss chard sauté	Chicken and veggie fried rice w/ leftover brown rice	Thaw cod for tomorrow's dinner
Friday	Greek yogurt w/ berries, almonds, honey	Chicken and veggie fried rice, side salad	Baked cod with vegetables	Thaw chicken for tomorrow's dinner
Saturday	Oatmeal pancakes w/ raw strawberry sauce	Summer picnic quinoa salad	Chicken fajitas w/ fresh veggies, salsa, black beans	
Sunday	Spinach, onion, and tomato omelet	Summer picnic quinoa salad	Greek salad, falafel w/ carrot tahini sauce	

Sample 7 Day Real Food Meal Plan for Winter:

Day/#	Breakfast	Lunch	Dinner	Any prep needed?
Monday	Leftover toasted buckwheat pancakes w/ almond butter	Hummus wrap w/ lettuce, avocado, tomato	Green beans amandine, quinoa pilaf, lemon garlic salmon	
Tuesday	Coconut ginger quinoa w/ almonds and raisins	Green beans amandine, quinoa pilaf, lemon garlic salmon	Stove-top veggie chili, cornbread	Soak black beans, make cornbread
Wednesday	Classic oatmeal w/ berries and walnuts	Stove-top veggie chili, cornbread	Black bean and carrot soup, cornbread	Soak brown rice for tomorrow's dinner
Thursday	Veggie omelet w/ spinach, tomatoes, onions, garlic	Black bean and carrot soup, cornbread	Red lentil dal, brown rice, roasted Brussels sprouts	
Friday	Maple-nut granola on Greek yogurt, apple	Red lentil dal, brown rice, roasted Brussels sprouts	Lemon pepper chicken, brown rice risotto, quick and easy kale	
Saturday	Scrambled eggs w/ leftover kale	Lemon pepper chicken sandwiches	Stuffed peppers w/ ground turkey and brown rice	
Sunday	Buckwheat pancakes w/ blueberry sauce	Stuffed peppers w/ ground turkey and brown rice	Burritos w/ black beans, lettuce, salsa, avocado, fall harvest apple crisp	

Bean Cooking Guide

Beans are a great way to add plant-based protein to your diet. They are high in iron, B vitamins and fiber, and are very versatile. Beans stay fresh longer when you store them in a cool, dark place (rather than on your countertop). Don't use beans that are more than a year old, as their nutrient content and digestibility are much lower. Also, old beans will not soften, even with thorough cooking.

1. Check beans for rocks, then rinse in cold water.
2. Soak for six hours or overnight, with water covering a few inches higher than the beans.
Note: If you forget to presoak the beans, you can bring them to a boil in water to cover. Turn off the heat, cover the pot and let stand for one hour.
3. Drain and rinse the beans, discarding the soaking water. Always discard any loose skins before cooking, as this will increase digestibility.
4. Place the beans in a heavy pot and add 3 to 4 cups fresh water.
5. Bring to a full boil and skim off the foam.
6. Add a small piece of kombu (seaweed) and a few bay leaves or garlic cloves for flavor and to increase digestibility.
7. Cover, lower the temperature and simmer for the suggested time. Check beans 30 minutes before the minimum cooking time. Beans are done when the middle is soft and easy to squeeze.
8. About 10 minutes before the end of cooking time, add 1 teaspoon of unrefined sea salt.
9. Cook until beans are tender.

1 cup Dry Beans	Cooking Time
Adzuki	45-60 minutes
Anasazi	60-90 minutes
Black (turtle)	60-90 minutes
Black-eyed peas	60 minutes
Cannellini	90-120 minutes
Chickpeas (garbanzos)	120-180 minutes
Cranberry	60-90 minutes
Fava	60-90 minutes
Great northern	90-120 minutes
Kidney	60-90 minutes
Lentils*	30-45 minutes
Lima beans	60-90 minutes
Mung	60 minutes
Navy	60-90 minutes
Pinto	90 minutes
Split peas	45-60 minutes

*do not require soaking

All cooking times are approximate. In general, small beans cook for approximately 30 minutes, medium beans cook for approximately 60 minutes, and large beans cook for approximately 90 minutes. Be sure to taste the beans to see if they are fully cooked and tender.

Whole Grain Cooking Guide

Whole grains have been a central element of the human diet since early civilization. Humans ceased being hunter-gatherers and settled down into farming communities when they were able to cultivate grain crops. People living in these communities—on all continents—had lean, strong bodies. In the Americas, corn was the staple grain. In India and Asia, it was rice. In Africa, people ate sorghum. In the Middle East, they made pita bread, tabouli and couscous. In Europe, corn, millet, wheat, rice, pasta, dark breads and even beer were considered health-providing foods. In Scotland, oats were a staple food. In Russia, they ate buckwheat or kasha. Whole grains are an excellent source of nutrition, as they contain essential enzymes, iron, dietary fiber, vitamin E and B-complex vitamins. Because the body absorbs grain slowly, they provide sustained and high-quality energy.

The quickest way to create great grains is to experiment and find what works for you. Here are basic directions:

1. Measure the grain then rinse in cold water using a fine mesh strainer.
2. Optional: soak grains for one to eight hours to soften, increase digestibility, and eliminate phytic acid. Drain grains and discard the soaking water.
3. Add grains to recommended amount of water and bring to a boil.
4. Reduce heat, cover and simmer for the suggested amount of time.

1 cup Grain	Water	Cooking Time	Contains Gluten?
Brown rice	2 cups	45-60 minutes	no
Buckwheat (aka kasha)	2 cups	20-30 minutes	no
Oats (whole groats)	3 cups	75-90 minutes	yes, unless certified GF
Oatmeal (rolled oats)	2 cups	20-30 minutes	yes, unless certified GF
Amaranth	3 cups	30 minutes	no
Barley (pearled)	2-3 cups	60 minutes	yes
Barley (hulled)	2-3 cups	90 minutes	yes
Bulgur (cracked wheat)	2 cups	20 minutes	yes
Cornmeal (aka polenta)	3 cups	20 minutes	no
Couscous	1 cup	5 minutes	yes
Kamut	3 cups	90 minutes	yes
Millet	2 cups	30 minutes	no
Quinoa	2 cups	15-20 minutes	no
Rye berries	3 cups	2 hours	yes
Spelt	3 cups	2 hours	yes
Wheat berries	3 cups	60 minutes	yes
Wild rice	4 cups	60 minutes	no

All liquid measures and times are approximate. Cooking length depends on how strong the heat is. It's a good idea, especially for beginners, to lift the lid and check the water level halfway through cooking and toward the end, making sure there is still enough water to not scorch the grains. Be sure to taste the grains to see if they are fully cooked or starting to burn. Cooking larger grains like brown rice, barley and berries in a pressure cooker speeds up cooking time and creates softer grains.

Note that the texture of grains can be changed by boiling the water before adding the grains. This will keep the grains separated and prevent a mushy consistency. For a porridge-like consistency, boil the grain and liquid together.

