

# Medi for All Shopping List



## GROCERY OUTLET

- Fresh Made Original Kefir (fridge)
- Pancake Mixes: Buckwheat and Multi-Grain, 9-Grain mixes
- Rolled oats
- Almonds
- Walnuts
- Dried raisins or cranberries
- Unsweetened chipped coconut
- EPIC salmon and chicken jerky
- RXR bars
- Kate's Real food bars
- Nuts- any mix
- Dried fruit
- Canned fruit
- Veggie soup mix
- Mixed vegetable flakes
- Glen Muir tomato pasta sauce
- Millet and brown rice ramen in red miso soup
- Forbidden Rice ramen noodles in white miso soup
- Banza chickpea pasta
- Jasmine and forbidden rice
- Brown Jasmine Rice (pouch)
- Mary's Gone Crackers (any variety)
- Canned tuna salad
- Albacore tuna with Jalapeno and Cumin
- Smoked sardines
- Baltic Sprats in oil
- Cod liver (canned)
- Canned mushrooms
- Canned artichoke hearts

# Meal Ideas with These Ingredients:

## Breakfast:

- Pancake Mix- Buckwheat pancakes from mix, Multi-Grain pancakes from mix, or 9 Grain pancakes from mix + Fresh Made Original Kefir
- Oatmeal with Rolled oats + almonds or walnuts and dried raisins or other fruit + unsweetened chipped coconut

## Lunch/Dinner:

- Veggie Soup mix + mixed vegetable flakes + Mary's Gone Crackers
- Canned Tuna salad + Mary's Gone Crackers
- Albacore with Jalapeno and Cumin + white Jasmine and Forbidden rice in a pouch
- Smoked sardines + Lotus Foods Brown Jasmine Rice in a Pouch
- Baltic Sprats in oil + Millet and Brown rice ramen in Red Miso soup
- Benza Chickpea pasta + Glen Muir Tomato Pasta Sauce + jarred mushrooms or artichoke hearts
- Forbidden rice Ramen noodles in white miso soup + mixed veggies + canned cod liver

## Snacks:

- EPIC Salmon or Chicken + Mary's Gone Crackers
- RXR bars
- Kate's Real Food Bars
- Nuts and dried fruit/ canned fruit

\*Note: most of their grains will need to be cooked. You can batch cook things like rice, beans, or oatmeal and portion them out for individual servings and freeze them. Pull them out and reheat when you need them.