



BEACH TRACK CLUB

GROCERY STAPLES

What to keep in the kitchen so the right meal is always the easy one. Shop this list and most weeknight dinners build themselves.

PANTRY

OILS AND FATS

COOKING

Light extra-virgin olive oil, safflower oil, coconut oil, unsalted butter

FINISHING

Bold extra-virgin olive oil for dips and dressing

LEGUMES

BEANS

Garbanzo, black, cannellini, adzuki

LENTILS

Green and red

SEASONINGS

SAVORY

SALT AND PEPPER

Himalayan sea salt, Celtic sea salt, black peppercorns

SPICES

Fennel seed, cumin, turmeric, miso

SWEET SPICES

BAKING AND OATS

Cinnamon, nutmeg, cloves, cardamom, ginger

GRAINS

RICE

Wild, short-grain brown

OATS

Rolled and steel-cut

OTHER

Quinoa, farro, millet, whole grain bread

BAKING

BASICS

Baking soda, baking powder, unsweetened cocoa

EXTRACTS

Vanilla, almond

HERBS

FRESH OR DRIED

Basil, parsley, cilantro, oregano, thyme, sage

SWEETENERS

USE LIGHTLY

Darker honey, grade B maple syrup, blackstrap molasses, coconut sugar

FLOURS AND PASTA

FLOURS

Almond, dark rye, spelt, oat, teff

PASTA

Durum wheat semolina

OTHER

ALWAYS

Water, coffee, dark chocolate

BROTH

Chicken, vegetable

HEAT

CHILE

Hatch green chile, chile powder, red pepper flakes, cayenne

ACIDS AND SAUCES

FRESH

Lemon, lime, garlic

BOTTLED

Balsamic vinegar, apple cider vinegar, shoyu or tamari, pickled peppers, spicy Dijon

FRESH

PROTEIN

MEAT AND FISH

Dark-meat chicken, local beef, wild-caught salmon, sardines

DAIRY AND EGGS

Pasture-raised eggs, whole milk yogurt, feta

VEGETABLES

ROOTS AND SQUASH

Beets, carrots, yams, butternut and spaghetti squash, onions

CRUCIFEROUS

Brussels sprouts, cauliflower, broccoli

OTHER

Asparagus, bell peppers, mushrooms, tomatoes, canned tomatoes in winter

NUTS AND DRIED

NUTS

Cashews, almonds, walnuts, peanuts, hazelnuts

DRIED

Fruit assortment, coconut flakes, wakame, kombu, nori

GREENS

ROTATE

Spinach, kale, collards, arugula, seaweed

FRUIT

EVERYDAY

Apples and pears, avocados, bananas, oranges and grapefruit

IN SEASON

Peaches, plums, apricots

The point of a stocked kitchen is that a good meal takes ten minutes. Eggs and greens. Rice, beans, and salsa. Salmon and a sweet potato. If the staples are there, the choice is easy.