

Pantry Basics (shopping list)

If you have the basic ingredients on hand it's much easier to put together real meals spontaneously and with little effort. When we're tired and wanting to do anything but cook or even *think* about cooking, the right inventory can make the difference between preparing a delicious and satisfying meal or succumbing to the temptation to eat out or order in. With this selection of mix-and-match whole foods (and the absence of junk food) it's also easier to stay on the wagon where food choices are concerned. Most of the recipes in this book can be prepared from these items without any need to shop; I would consider this a sort of master shopping list.

Fresh fruits and vegetables

Store in a cool, dry place:

- apples/pears
- oranges/grapefruit
- bananas
- lemons/limes
- tomatoes (in season)
- onions (sweet)
- garlic
- butternut squash
- sweet potatoes (orange fleshed)
- russet, red, or Yukon gold potatoes

Store in the refrigerator:

- carrots, celery, fennel (page 232)
- broccoli, cauliflower
- mushrooms, sweet bell peppers
- green/red cabbage and napa cabbage
- greens – kale, chard, spinach, etc.

Refrigerated food

- butter (keep a back-up supply in freezer)
- milk (2% or whole)
- plain yogurt (page 32)
- sharp/extra-sharp cheddar cheese, feta cheese, Parmesan cheese (page 116)
- eggs
- mayonnaise (page 141)
- vinaigrette (page 139)
- tahini (sesame seed paste, page 149)

- Plochman's* whole grain mustard (our favorite) -or- *Dijon* mustard
- horseradish
- extra-firm tofu
- raw nuts – almonds (whole, slivered, and ground), walnuts, pecans, peanuts (with or without skin)
- raw seeds – sunflower, sesame, pumpkin
- whole flaxseeds
- dry active baking yeast
- chicken thighs (page 220) or whole chicken (page 221)
- fresh sausage (page 49) and 15% ground beef (page 234) (keep back-up in freezer)

Frozen food

- baby lima beans
- green soy beans (in and out of the pod)
- chopped spinach
- petite peas
- petite yellow corn
- baby green beans
- blueberries and strawberries

Grains and beans

Store in a cool, dry place:

- steel-cut oats, Scottish oats, old-fashioned rolled oats, whole oat groats
- barley (whole, not pearly)
- brown rice (basmati)
- quinoa
- millet
- bulgur
- oat bran, wheat bran
- toasted buckwheat (kasha)
- stone-ground whole grain cornmeal, polenta (page 217)
- unbleached white bread flour
- stone-ground whole wheat bread flour
- stone-ground whole wheat pastry flour
- dark rye flour (not light rye)
- whole grain pasta (spirals and macaroni)
- brown and red lentils
- dry beans – pinto, black, cannellini, small white, garbanzo (chickpeas)

Canned food

- ❑ 15-ounce black, garbanzo(chickpeas), red kidney, pinto, and small white beans,
- ❑ 15- and 32-ounce chicken broth
- ❑ 14- and 28-ounce diced tomatoes
- ❑ 14- and 28-ounce crushed tomatoes
- ❑ 3.75-ounce sardines
- ❑ 5-ounce solid light tuna in olive oil (see pages 28 and 232)
- ❑ 12-ounce solid white tuna in water (see page 28 and recipe on page 151)
- ❑ 7.5, 14-ounce red or pink salmon (see pages 28 and 227)
- ❑ 4- and 7-ounce whole mild green chilies
- ❑ 14-ounce coconut milk (not *lite*)
- ❑ 12-ounce evaporated whole milk

General supplies

- ❑ extra-virgin olive oil
- ❑ light olive oil
- ❑ vinegar – apple cider, white balsamic
- ❑ non-stick spray
- ❑ raisins
- ❑ dried pitted prunes
- ❑ raw honey
- ❑ pure maple syrup, grade B
- ❑ molasses
- ❑ sugar, brown and white
- ❑ baking powder
- ❑ baking soda (see page 270)
- ❑ dried unsweetened coconut, shredded and large flake (pages 131, 132, 225, and 275.)

Special effects

- ❑ salsa (page 243)
- ❑ capers (pages 180 and 196)
- ❑ Kalamata olives (page 179)
- ❑ anchovies (page 214)
- ❑ fish sauce (page 184 and 224)
- ❑ soy sauce (page 149 and 203)
- ❑ toasted sesame oil (page 203)
- ❑ virgin coconut oil (pages 184, 193, 238)
- ❑ pure almond extract
- ❑ pure vanilla extract
- ❑ black mustard seed (page 239)
- ❑ *Wright's* liquid smoke (page 240)

- ❑ dark chocolate (72–85% cocoa, page 38)
- ❑ unsweetened cocoa powder

Seasonings

- ❑ salt (kosher and table salt)
- ❑ peppercorns (for grinder)
- ❑ *Coleman's* dry mustard (pages 141 and 156)
- ❑ Tabasco sauce
- ❑ crushed red pepper flakes
- ❑ chili powder, paprika
- ❑ dried basil, thyme, oregano
- ❑ ground cinnamon, cloves, nutmeg
- ❑ ground cumin, curry powder, turmeric, garam masala (pages 193 and 215)
- ❑ fresh ginger (see page 225)

Some favorite Portland sources:

Most of these items are available from supermarkets, but don't forget resources like local farmers' markets and bee-keepers. Eating well is simple and inexpensive if you make use of the bulk food section of your local supermarket for whole food items like spices, raw nuts, whole grains, and beans. We find the following sources useful:

Bob's Red Mill Natural Foods

bobsredmill.com

Fred Meyer

fredmeyer.com

Great Harvest Bread Company

greatharvest.com

New Seasons Market

newseasonsmarket.com

Trader Joe's

traderjoes.com

Whole Foods Market

wholefoodsmarket.com

WinCo Foods

wincofoods.com

Zupan's Markets

zupans.com

Miles Hassell MD is an internist in private practice at Providence St. Vincent Medical Center in Portland, Oregon, where he lives with his wife Anna and son Tor. He was born in Seattle, Washington, and was raised in Perth, Western Australia, receiving his medical degree from the University of Western Australia. He completed his residency in Internal Medicine at Providence St. Vincent Medical Center.

Dr. Hassell is Medical Director of the [Integrative Medicine Program](#) at Providence Cancer Center in Portland and a clinical instructor in the training of Internal Medicine residents, twice named *Outstanding Teacher of the Year*. He also lectures widely to physician groups about the appropriate integration of lifestyle and conventional medicine, and is often interviewed on health issues by local television and radio. He is the co-author of *Good Food, Great Medicine*, an evidence-based guide to using a whole food Mediterranean diet in the pursuit of optimal health.

In his private practice Dr. Hassell encourages the vigorous use of evidence-based food and lifestyle choices and has been chosen as one of *Portland's Top Doctors*. Dr. Hassell is available for individual consultations for diagnosis, second opinion, or to develop patient-centered solutions using evidence-based conventional and lifestyle interventions.

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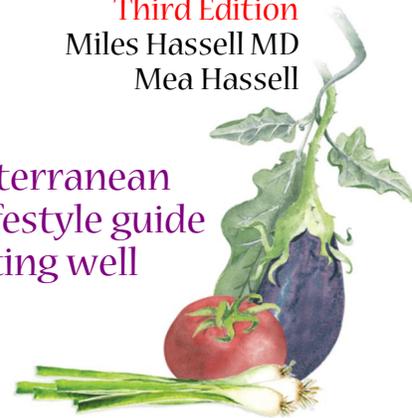
goodfoodgreatmedicine.com

providence.org/integrativemedicine

Good Food Great Medicine

Third Edition
Miles Hassell MD
Mea Hassell

a Mediterranean
diet and lifestyle guide
to eating well



The 288 easy-to-read pages present powerful medical evidence to support adopting a whole food Mediterranean diet-and-exercise based lifestyle, with 185 simple-to-follow recipes using everyday ingredients. The 14-step *Risk Reduction Action Plan* helps:

- prevent or reverse heart disease and stroke, type 2 diabetes, insulin resistance, and metabolic syndrome
- improve cholesterol and blood pressure with fewer drugs
- lose weight without deprivation
- reduce dementia and cancer, and improve cancer survivorship

This is a practical resource for anyone looking for an evidence-based approach to eating well without sacrificing eating enjoyment.

(Available at: [Amazon](#), [Powell's Books](#), [Annie Bloom's Books](#), [Multnomah-Clackamas-Washington-Clark County Libraries](#), and [Providence Integrative Medicine Program](#).)

For bulk discounts or questions call 503.291.1777.