

SCD Food Staple List

Pantry

- Sardines
- Bone broth and/or stock
- Beans (i.e. dried navy beans, black beans)
- Green beans
- Tuna and/or canned salmon
- Peas
- Full-fat canned coconut milk
- Tomato or marinara sauce
- Tomatoes
- Tomato paste

Produce & Fridge

- Garlic or garlic paste
- Nut milk (almond, coconut, cashew, walnut)
- Eggs
- Apples or other favorite fruit
- Avocados
- Bananas
- Carrots
- Lemons
- Leafy greens
- Favorite veggies
- Seasonal squashes

SCD-legal dairy products

- SCD yogurt starter (i.e. yogourmet, Butterworks, Dannon plain, GIProStart)
- SCD yogurt
- Aged cheese > 30 days (i.e. cheddar brie, parmesan, jack)

Freezer

- Bacon (save the fat for cooking later)
- Ground beef or turkey
- Chicken breasts or thighs, salmon or fish fillets
- Chopped spinach
- Fruit (i.e. berries)
- Nuts (i.e. almonds, walnuts, pecans)
- Vegetables (i.e. riced cauliflower, broccoli, squash, spiralized noodles)
- Pre-made meals
- Pre-made baked goods for snacks

Flavor

- Sea salt
- Bay leaves
- Ground cinnamon
- Ground cumin
- Ground ginger
- Oregano
- Rosemary
- Thyme
- Nutmeg
- Apple cider/balsamic vinegar
- Fish sauce
- Fresh herbs

Oils

- Extra virgin olive oil (EVOO)
- Avocado oil
- Coconut oil
- Butter and ghee

Baking

- Baking powder
- Pure vanilla and almond extracts
- Nut flours (most common are almond and coconut, but pecan and cashew are also available)

Sweeteners

- Honey

Snacks

- Dried Fruit (no added sugar)
- Nuts and certain seeds medley:
Almonds,
cashews,
pistachios,
pecans, brazil nuts, walnuts,
macadamia nut,
pine nut,
hazelnuts,
sesame,
sunflower, and
pepitas (pumpkin seeds)
- Aged Cheese
>30 days
- Chopped veggies for dipping
- Baked goods

Other

- Lentils
- Nut butters such as natural
peanut, almond,
cashew, and
sunflower butter
- Dried beans
- _____
- _____