

MY PANTRY STAPLES

Grains:

Brown Rice
Traditional (Rolled) Oats
Quinoa
Legume Pasta

Flours:

Buckwheat Flour
Almond Meal
Baking Powder

Healthy Oils:

Extra Virgin Olive Oil
Coconut Oil

Nuts:

Almonds
Walnuts
Cashews
Pistachios
Brazil Nuts

Seeds:

Pepitas (Pumpkin Seeds)
Sunflower Seeds
Sesame Seeds
Chia Seeds
Flaxseeds

Legumes:

Chickpeas
Black Beans
Four Bean Mix

Tinned Fish:

Sardines
Tuna
Alaskan Salmon

Spices:

Ginger
Turmeric
Smoked Paprika
Cumin
Chili Flakes
Oregano
Cinnamon
Sea Salt
Black Pepper

Sweeteners:

Raw Honey
Pure Maple Syrup
Medjool Dates
Prunes

Vinegars, Condiments:

Apple Cider Vinegar
Soy Sauce gf
Unhulled Tahini
Healthy Peanut Butter

Other:

Coconut Milk
Passata
Curry Paste

Beverages:

Green Tea
Matcha
Cacao
Dandelion Tea
Peppermint, Chamomile & Dandelion Tea
Almond Milk