

Stock your Pantry



Dried fruit

Gogi berries
Medjool dates
Organic raisins and or cranberries



Nuts and seeds

Almonds, raw whole
Brazil nuts
Cashews, raw whole
Chia seeds
Hemp seeds
Pumpkin seeds, raw shelled
Sunflower seeds, raw, shelled
Walnuts, raw whole



Organic Nut and seed butters

Almond butter
Peanut butter or Sunflower butter
Tahini



Baking

Cocoa powder, unsweetened
Chick pea flour
Cacao nibs
Coconut, unsweetened flaked or shredded
Vanilla extract



Canned goods BPA-free

Black beans 15/oz cans
Chick peas (garbanzo beans)
Coconut cream
Coconut milk
Green chilies 4.5 oz can
Kidney beans
Pinto beans
Red beans
Tomatoes crushed 14 oz can



Extras

Capers
Dill pickles
Mustard, Dijon
Vegetable broth or cubes of veg broth
Dark chocolate 70% or higher
Herbal teas and green tea
Rolled oats
Nutritional yeast
Maple syrup



Grains

Brown rice
Gluten free bread
Pasta (gluten free)
Quinoa
Millet
Lentils dry
Gluten free crackers



Vinegar, oils sauces

Sriracha or hot sauce
Sesame oil
Tamari
Olive oil
Avocado oil
Balsamic vinegar
Apple cider vinegar



Spices

Bay leaves
Cardamon
Cinnamon
Chili powder and flakes
Italian seasoning
Ginger, ground
Garlic and onion powder
Dill

