

—How to Build a— Healthy Pantry

OILS & VINEGARS

- Extra Virgin Olive Oil
- Canola Oil
- Avocado Oil
- Coconut Oil
- Sesame Oil
- Spray Olive Oil
- Safflower Oil
- Grapeseed Oil
- Hemp Oil
- Balsamic Vinegar
- Rice Vinegar
- Apple Cider Vinegar
- Red Wine Vinegar
- White Wine Vinegar

BEANS & LEGUMES

- Chickpeas
- Red Lentils
- Green Lentils
- Black Beans
- Navy Beans
- Red Kidney Beans
- Pinto Beans
- Firm & Super Firm Tofu
- Black Eyed Peas
- Split Peas
- Garbanzo Beans

OTHER

- Vanilla Extract
- Baking Soda
- Baking Powder
- Semi-Sweet Chocolate Chips
- Unsweetened Cocoa Powder
- Cacao Nibs
- Almond Milk
- Coconut Milk
- Unsweetened Applesauce
- Coconut Sauce
- Coconut Butter
- Nutritional Yeast
- Dijon Mustard
- Natural Nut & Seed Butters

SWEETENERS

- Sugars
(dark brown sugar, cane sugar, coconut sugar)
- Agave Nectar
- Stevia
- Maple Syrup
- Molasses
- Medjool dates
- Honey

DRIED FRUIT, NUTS, & SEEDS

- Chia Seeds
- Flax Seeds
(whole or ground)
- Sunflower Seeds
- Pumpkin Seeds
- Pecans
- Almonds
- Cashews
- Walnuts
- Hemp Hearts
- Dried Cranberries
- Raisins
- Apricots
- Prunes
- Goji Berries

SPICES

- Sea Salt
(fine and coarse ground)
- Kosher Salt
- Black Pepper
- Paprika
- Rosemary
- Turmeric
- Garlic Powder
- Cayenne
- Dill
- Onion Powder
- Ginger
(ground or minced)
- Basil
- Oregano
- Thyme Leaves
- Nutritional Yeast
(great for adding cheesy flavor without cheese!)
- Chili Powder
- Crushed Red Pepper Flakes
- Cloves
- Cinnamon
- Cumin
- Bay Leaves
- Ground Nutmeg
- Garam Masala

CANNED GOODS

- Canned Beans
(cannellini beans, chickpeas, black beans, red kidney beans)
- Tuna & Salmon
- Strained Tomatoes
- Reduced-Sodium Broth
(chicken, beef & vegetable)

GRAINS

- Brown Rice
- Wild Rice
- Quinoa
- Pasta
(Kamut, whole wheat, quinoa, buckwheat soba noodles and brown rice are all great options)
- Rice Noodles
- Pearled Barley
- Bulgur
- Couscous
- Rolled, Old Fashioned Oats
- Farro
- Raw Buckwheat Groats
- Freekeh
- Flours
(all purpose, whole wheat, almond, brown rice flour, oat flour, almond meal/flour, kamut)