



PANTRY GUIDE

OILS & FATS

- Coconut oil
- Extra-virgin olive oil
- Avocado oil
- Toasted sesame oil
- Organic grass-fed unsalted butter*
- Ghee (clarified butter)

CONDIMENTS & SAUCES

- Coconut aminos (soy sauce alternative)
- Fish sauce
- Hot sauce, such as Tabasco, Cholula, or Frank's RedHot
- Sriracha
- Dijon mustard
- Whole-grain mustard
- Ketchup
(I like Sir Kensington's Ketchup or Muir Glen Ketchup)
- Mayonnaise, homemade or a store-bought brand that uses avocado oil
(I like Chosen Foods, Primal Kitchen Foods, or Sir Kensingtons). Be sure to read labels.

VINEGARS

- Apple cider vinegar
- Rice vinegar
- Balsamic vinegar
- White vinegar
- White wine vinegar
- Red wine vinegar

SWEETENERS

- Organic raw honey
- Pure organic maple syrup
- Granulated maple sugar
- Blackstrap molasses
- Pitted medjool dates
- Coconut palm sugar
- Organic powdered sugar

THE SPICE DRAWER

This is an overview of my spice drawer. Bolded are our top used.

- **Sea salt**
- **Black pepper, ground**
- Basil
- Cayenne pepper
- **Ground cinnamon**
- Cinnamon sticks
- Curry powder
- Celery seed
- **Chili powder**
- Dill
- Dried oregano
- Dried cilantro
- **Garlic powder/granules**
- Ground coriander
- Ground cumin
- **Italian seasoning**
- Minced onion
- Nutmeg
- Onion powder/granules
- Paprika
- Parsley
- **Red pepper flakes**
- Rosemary
- Smoked paprika
- Rosemary
- Sesame seeds
- Saffron
- Turmeric

BAKING

- Baking powder
- Baking soda
- Dark chocolate chips
- Pure organic vanilla extract
- Cocoa powder
- Unsweetened coconut flakes
- Whole vanilla beans
- Ground flax*
- Chia seeds*

*Store ground flax in an air-tight container in the refrigerator following the directions for how long on the bag. Store chia seeds in the pantry.

OTHER PANTRY ITEMS

- Nut butters (read ingredients: get ones that are just the nuts, no added sugars or oils)
- Diced tomatoes
- Tomato sauce
- Tomato paste
- Canned full-fat coconut milk
- Organic chicken broth
- Organic vegetable broth
- Organic beef broth
- White rice
- Gluten-free oats
- Unsweetened applesauce (I use this often in my baking)
- Collagen protein (I use this in smoothies amongst other things, and just as an added source of health benefits)
- Nuts and seeds, raw: almonds, hazelnuts, pine nuts, cashews, sunflower seeds, walnuts*
- *Store nuts in a closed container in the pantry.

FLOURS

- Almond flour, blanched (Be sure to purchase blanched almond flour, not meal, which has a much coarser texture.)
I like Honeyville brand which I buy on Amazon.
- Coconut flour
- Tapioca flour (aka tapioca starch)
- Arrowroot flour
(aka arrowroot starch)



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MY GO-TO FRESH ITEMS I ALWAYS HAVE:

FRUIT	VEGGIES	HERBS	AROMATIC	OTHER
Bananas (I always keep some in the freezer)	Leafy greens, braising and salad (spinach, kale, romaine lettuce)	Basil	Garlic	Nut milks, homemade or store-bought**
Avocados	Scallions	Parsley	Onions	
Lemons	Tomatoes	Cilantro		
Limes	Carrots			
Frozen organic berries	Potatoes			
Fresh berries	Sweet Potatoes			
Oranges				

** (look for ones made with just almonds (or whatever nut) and water, and look out for ones that are sweetened. While sweetened may work for some recipes, it may not for others.)

MEAT, POULTRY, EGGS, AND SEAFOOD

When sourcing animal proteins and eggs, look for labels such as grass-fed, pasture-raised, non-GMO, organic, wild-caught, soy-free, sustainable, and locally sourced. **We freeze our meat and most seafood defrost as needed!**

MEAT	POULTRY & EGGS	FISH
Beef	Chicken	All varieties of fish and shellfish
Pork	Turkey	
Lamb	Eggs	
*Buy organic grass-fed, pasture-raised meat. Best if from a local farmer, farmers market, or service like ButcherBox.	*Buy organic, pasture-raised poultry and eggs from laying hens that are fed non-GMO and soy-free feed. Best if from a local farmer or farmers market!	*Buy wild-caught and sustainably raised seafood; avoid farm-raised.