



Stock your pantry and refrigerator with these pantry items so that you always have staples on hand for healthy meals.

### **PANTRY STAPLES**

- Extra Virgin Olive Oil (preferably in a dark container to block light)
- Coconut Oil (organic, unrefined, unbleached)
- Coconut Milk
- Tamari or Liquid Aminos
- Brown Rice
- Quinoa
- Buckwheat
- Millet
- Organic, Free Range Chicken Broth
- Beans (dry or BPA-free cans of black beans, chickpeas, kidney beans, etc.)
- Organic crushed and/or diced tomatoes
- Almond Milk (unsweetened)
- Hemp Milk
- Gomasio (sesame seeds & seaweed)
- Organic Oatmeal (non-instant)
- Coconut Flour
- Dried Fruits
- Sea Salt
- Stevia (natural sweetener)
- Xylitol (natural sweetener)

### **REFRIGERATOR STAPLES**

- Raw Cheese, or at least organic/free range
- Raw Milk (or at least organic)
- Yogurt (plain, no sugar)
- Kefir
- Coconut Flakes
- Ezekiel Bread
- Salsa
- Ginger (keep in the freezer)
- Apple Cider Vinegar
- Raw Nuts (nuts should be kept refrigerated to retain the integrity of the fats)
- Organic, Free Range Eggs
- Grapeseed Oil Veganaise (mayonnaise substitute)
- Frozen Strawberries/Berries
- Frozen Bananas
- Hemp Seeds
- Flax Seeds
- Fruit Sweetened Ketchup
- Pure Maple Syrup
- Olives (green, black, kalamata)
- Butter (raw, grass-fed)
- Organic Peanut Butter
- Organic Almond Butter