

PANTRY ESSENTIALS









PANTRY ESSENTIALS

(customize and add your pantry staples to the list)

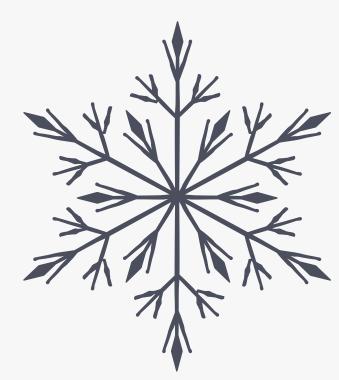


Beans/Lentils/Legumes	Nuts & Seeds	Grains
Black beans	Hemp seeds	Oats
White beans (Small white, Great northern, or	Chia seeds	Whole grain rice (brown, wild, forbidden, brown
Cannellini)	Pepitas (pumpkin seeds)	basmati)
Pinto beans	Sesame seeds	Corn tortillas or chips
Lentils (rotate: red, green, yellow, black)	Sunflower seeds	White whole wheat flour (sub GF flour)
Chickpeas (garbanzo beans)	Flaxseed, whole (store ground flax in fridge)	Pasta (sub GF/bean pasta)
	Flackers (flaxseed crackers)	Whole/multi-grain crackers
Bean/lentil pasta	Nut butter (peanut, almond, or soy, etc.)	Almond flour crackers
	Nuts: keep 1-3 of your favorite on hand (e.e.	Quinoa
	almonds, walnuts, pistachios, brazil nuts)	Rotate1-2 other grains: polenta, farro, kamut,
		barley, bulgur, millet, teff, etc.
Fatty Fish & Other Protein	Veggies	
——————————————————————————————————————		Other
Tuna, packed in water (avoid/limit albacore if	Beans can count as veggie or protein (see	
pregnant or a child)	Beans/Lentils/Legumes)	Coconut milk, Canned
Salmon, packed in water	Pumpkin 100% pure, canned	Soup stock, low sodium
Sardines	Pasta sauce	Honey
Chicken	Tomatoes diced	Dark or semi-sweet chocolate chips
	Tomato paste	baking essentials
	Green chilies diced, canned	Monk Fruit Sweetener
	Garlic, fresh	Favorite Sauces
	Onion, fresh	Favorite Condiments
	Sweet potato, fresh	Spices and Herbs
	Family favorites (e.g. green beans, corn)	Beverages: Coffee/Tea
Oils		
Canola oil (frying, baking, stir frying; higher		
heat applications)		
Extra Virgin Olive Oil (sauteing, topping,		
dressings, Medium and low heat applications)	Fruit	
Walnut Oil (finishing; no heat applications)	Favorite canned fruits, packed in 100% juice,	
Coconut oil (granola, baking, topical for skin)	not syrup or lite syrup	
Avocado oil pan spray	Dried fruit such as craisins, raisins, mango	
	Kids' pouches	



FREEZER ESSENTIALS

(customize and add your freezer staples to the list)



Bean or Lentil burgers Edamane (shelled) Cauliflowered lice Fractsed root veggle blend Fractsen frusts or blends (e.g. mange) Fractsen frusts or blends (e.g. mange) Cauliflowered lice Cauliflowered l	Beans/Lentils/Legumes	Veggies	Fruit
Reasted root veggle bland Greens (kale, spinach, swiss chard) Frozen fresh herbts Family favorites (e.g. green beans, com) Chicken breasts Poulty, ground Red meat, lean, ground Red meat, lean, ground Trout) Chicken station, wild caught, sustainable Robeling sealood option (e.g. shrimp, cod, trout) Chicken breasts Charter Protein Chicken breasts Charter Chicken breasts Chicken	Bean or Lentil burgers	Steamables	
Greens (kale, spinach, swiss chard) Fruzen fresh herbs Family favorites (e.g. green beans, com) Chicken breasts Poutry, ground Red meat, lean, ground Salmon, wild caught, sustainable Rotaing seafood option (e.g. shrimp, cod, trout)	Edamame (shelled)	Cauliflowered rice	Out of season fruits or blends (e.g. mango
Greens (kale, spinach, swiss chard) Frozen fresh herts Family favorites (e.g. green beans, com) Chicken breasts Poutry, ground Red meat, lean, ground Salmon, wild caught, sustainable Rotaing seafood option (e.g. shrimp, cod, trout) Chicken breasts Chic		Roasted root veggie blend	
Fratty Fish & Other Protein Chicken breasts Poutry, ground Red meat lean, ground Salmon, wild caught, sustainable Rotating seafood option (e.g. shrimp, cod, trout)			
Fatty Fish & Other Protein Chicken breasts Poutly: ground Red meat, lean, ground Salmon, wild caught, sustainable Rotating seafood option (e.g. shrimp, cod, trout) Chicken breasts Chicken			
Fatty Fish & Other Protein Chicken breasts Poutly: ground Red meat, lean, ground Salmon, wild caught, sustainable Rotating seafood option (e.g. shrimp, cod, trout) Chicken breasts Chicken		Family favorites (e.g. green beans, corn)	
Chicken breasls Poultry, ground Red meat, lean, ground Salmon, wild caught, sustainable Rotating seafood option (e.g. shrimp, cod, trout) O O O O O O O O O O O O O O O O O O			
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Poultry, ground Red meat, lean, ground Salmon, wild caught, sustainable Rotating seafood option (e.g. shrimp, cod, trout) OOD OOD OOD OOD OOD OOD OOD OOD OOD OO			
Red meat, lean, ground Salmon, wild caught, sustainable Rotating seafood option (e.g. shrimp, cod, trout) O O O O O O O O O O O O O O O O O O			
Salmon, wild caught, sustainable Rotating seafood option (e.g. shrimp, cod, trout) O O O O O O O O O O O O O O O O O O			
Rotating seafood option (e.g. shrimp, cod, trout)			