



PANTRY ESSENTIALS

STOCK UP ON NUTRITIOUS FOODS





(customize and add your pantry staples to the list)

Grains

- ☐ Oats
- ☐ Whole grain rice (brown, wild, forbidden, brown basmati)
- ☐ Corn tortillas or chips
- ☐ White whole wheat flour (sub GF flour)
- ☐ Pasta (sub GF/bean pasta)
- ☐ Whole/multi-grain crackers
- ☐ Almond flour crackers
- ☐ Quinoa
- ☐ Rotate 1-2 other grains: polenta, farro, kamut, barley, bulgur, millet, teff, etc.
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

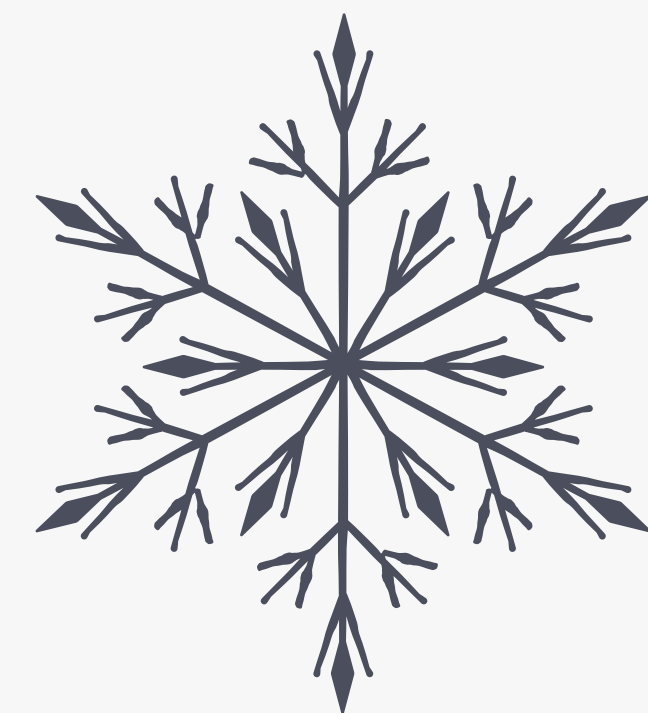
Other

- ☐ Coconut milk, Canned
- ☐ Soup stock, low sodium
- ☐ Honey
- ☐ Dark or semi-sweet chocolate chips
- ☐ baking essentials
- ☐ Monk Fruit Sweetener
- ☐ Favorite Sauces
- ☐ Favorite Condiments
- ☐ Spices and Herbs
- ☐ Beverages: Coffee/Tea

- ☐ Favorite canned fruits, packed in 100% juice, not syrup or lite syrup
- ☐ Dried fruit such as raisins, mango
- ☐ Kids' pouches
- ☐ _____
- ☐ _____



(customize and add your freezer staples to the list)



Beans/Lentils/Legumes

- [illegible]

Veggies

- ☐ Steamables
- ☐ Cauliflowered rice
- ☐ Roasted root veggie blend
- ☐ Greens (kale, spinach, swiss chard)
- ☐ Frozen fresh herbs
- ☐ Family favorites (e.g. green beans, corn)
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Fruit

- [illegible]

Fatty Fish & Other Protein

- [illegible]

Other

- [illegible]

- [illegible]