



# Pantry Staples Shopping List

*\* Substitute your regular products for Gluten Free, Dairy Free, Soy Free, Sugar Free, Low Carb or Vegan options where desired or as needed*

## Baking Needs

- Baking Soda
- Baking Powder\*
- Psyllium Husk
- Vanilla
- MCT Powder
- Protein Powder
- Gelatin
- Apple Cider Vinegar
- Balsamic Vinegar
- Shredded Coconut
- Chocolate Chips\*
- Cacao Butter
- Bone Broths
- Xanthum Gum

## Sweeteners

- Stevia
- Erythritol / Swerve
- Honey
- Blackstrap Molasses
- Monkfruit
- Cane Sugar
- Maple Syrup
- Coconut Sugar
- Agave Nectar
- Confectioners

## Miscellaneous

- Cauli-Rice
- Pasta Substitutes
- Wraps/Tortillas\*
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Canned & Jarred Goods

- Coconut Milk
- Canned Wild Salmon
- Canned Wild Tuna
- Tomato Paste\*
- Tomato Sauce\*
- Fermented Veggies
- Pickles
- Olives
- Sauerkraut

## Spices & Seasonings

- Sea Salt
- Pink Himalayan Sea Salt
- Peppercorns
- Basil
- Oregano
- Thyme
- Garlic Powder
- Onion Powder
- Cilantro
- Fresh Herbs
- Salt Alternatives
- Cajun Seasoning
- Italian Seasoning
- Everything Bagel Seasoning

## Flours

- Almond Flour
- Coconut Flour
- Cassava Flour
- Flax Meal
- Arrowroot Powder
- Sunflower Seed Meal
- Pumpkin Seed Meal
- Gluten Free Flour
- Diet-friendly baking mix

## Seeds & Nuts

- Flax Seeds
- Macadamia Nuts
- Nut Butters
- Pili Nuts
- Pine Nuts
- Chia Seeds
- Hemp Seeds/Hearts
- Almonds
- Brazil Nuts

## Fats & Oils

- Coconut Butter
- Red Palm Oil
- Ghee
- Coconut Oil
- Extra Virgin Olive Oil
- Avocado Oil
- Cooking Spray
- MCT Oil
- Flax Oil
- Macadamia Oil
- Walnut Oil

## Condiments

- Avocado Oil Mayo
- Barbecue Sauces\*
- Ketchups\*
- Mustards\*
- Tamari Sauce\*
- GF Soy Sauce
- Coconut Aminos
- Fish Sauce\*
- Salsa\*
- Franks Red Hot Sauce
- Dressings\* (not Canola based)