
HEALTHY PANTRY STAPLES

WHOLE GRAINS

- QUINOA
- BROWN RICE
- BLACK RICE
- ROLLED OATS
- STEEL CUT OATS
- BARLEY
- MILLET
- BUCKWHEAT
- AMARANTH
- WHOLE GRAIN PASTAS

LEGUMES

- LENTILS
- CHICKPEAS
- SPLIT PEAS
- BLACK BEANS
- ADUKI BEANS
- PINTO BEANS
- CANNELINI BEANS
- NAVY BEANS
- GREAT NORTHERN BEANS
- MUNG BEANS

NATURAL SWEETENERS

- PURE MAPLE SYRUP
- RAW HONEY
- COCONUT PALM SUGAR
- COCONUT NECTAR
- MEJDOL DATES
- DRIED FRUIT
- DARK CHOCOLATE CHIPS

NUT BUTTERS

- ALMOND BUTTER
- PEANUT BUTTER

NUTS AND SEEDS

- ALMONDS
- RAW CASHEWS
- WALNUTS
- PECANS
- PISTACHIOS
- PUMPKIN SEEDS
- HEMP SEEDS
- SESAME SEEDS
- CHIA SEEDS
- SUNFLOWER SEEDS

CONDIMENTS

- TAMARI
- WORCESTERSHIRE
- SRIRACHA
- LIQUID SMOKE
- MUSTARD
- ORGANIC KETCHUP
- ORGANIC LIGHT MAYO

CANNED GOODS

- COCONUT MILK
- TOMATO PASTE
- DICED TOMATOES
- TOMATO SAUCE
- VEGETABLE BOUILLON
- ORGANIC SALSA
- SUNDRIED TOMATOES

FLOURS

- BROWN RICE FLOUR
- QUINOA FLOUR
- OAT FLOUR
- ALMOND MEAL
- SPELT FLOUR

OILS AND VINEGARS

- UNREFINED COCONUT OIL
- EXTRA VIRGIN OLIVE OIL
- HIGH HEAT OIL
- SESAME OIL
- APPLE CIDER VINEGAR
- RICE WINE VINEGAR
- BALSAMIC VINEGAR
- WHITE WINE VINEGAR
- RED WINE VINEGAR
- SHERRY VINEGAR

SPICES AND HERBS

- FINE SEA SALT
- BLACK PEPPER
- OREGANO
- BASIL
- PARSLEY
- THYME
- SAGE
- ROSEMARY
- ZA'ATAR
- GARLIC POWDER
- GARLIC SALT
- ONION POWDER
- CUMIN
- CHILI POWDER
- SMOKED PAPRIKA
- TURMERIC
- CURRY POWDER
- CAYENNE
- CRUSHED RED PEPPER
- CINNAMON
- GINGER
- NUTMEG
- CLOVES