

Pantry Essentials

LEGUMES

Canned Beans

Chickpeas
Black
Cannellini
Kidney
Navy
Pinto
Lentils
Butter

Dried Beans

Lentils *
[green, black, red]
Chickpeas
Black
Cannellini
Kidney

SPICES/HERBS

Salt/pepper
Cinnamon
Vanilla
Ginger
Garlic
Onion
Oregano
Curry
Cumin
Turmeric
Chili flakes

WHOLE GRAINS

Brown rice
Quinoa [seed eaten as grain]
Whole-grain pasta/noodles
Wheat berries
Spelt berries
Oats
Wild rice
Buckwheat
Whole wheat or GF breadcrumbs

Produce

Vegetables

Tomatoes
[crushed, purée, chopped, whole]
Tomato sauce
Tomato paste
Sun-dried tomatoes
Roasted peppers
Green beans
Hearts of palm
Artichoke hearts
Mushrooms
Olives
Spinach
Canned chilis
Sweet potato purée
Pumpkin purée

Milks

Almond
Rice
Oat
Coconut
[can & box]
Hemp

Vinegars

Red wine
Balsamic
Apple cider
Rice

LIQUIDS

Broths

Vegetable
Chicken
Mushroom

Oils

Olive
Coconut
Avocado
Grape seed
Sesame
Oil spray

FISH/MEAT

Salmon
Sardines
Tuna
Chicken

FLOURS/DRIED

Whole wheat or GF
Oat
Almond
Cassava
Coconut
Baking powder
Baking soda

NUTS/SEEDS

Loose [raw, unsalted]

Walnuts
Almonds
Cashews
Pistachios
Chia seeds
Hemp seeds
Ground flax
Sunflower seeds
Pumpkin seeds

Butters

Peanut
Almond
Tahini
Seed

Condiments

[refrigerate after opening]

Capers
Pickles
Tamari or soy sauce
Mustard
Hot sauce
Mayonnaise



*Dried lentils cook quicker than other dried beans and are a pantry "must-have"

**Look for fruit canned in natural juices

Kitchen Essentials

REFRIGERATOR

Vegetables

Boxed or bagged greens:

Arugula
Kale
Shredded cabbage
Spinach
Spring mix

Loose greens:

Collards
Chard
Escarole
Iceberg
Kale
Romaine

Broccoli
Carrots
Cauliflower
Cabbage
Cucumbers
Eggplant
Green beans
Peppers
Zucchini

Fruits

Apples
Clementines
Grapefruits
Grapes
Lemons
Limes
Oranges

Condiments

Capers
Hot sauce
Mayonnaise
Mustard
Pickles
Tamari or soy sauce

Dairy / Eggs

Cheese
Eggs
Milks [inc. non-dairy]
Yogurt

FREEZER

Vegetables

Broccoli
Butternut squash
Cauliflower
Edamame
Green beans
Kale
Onion, chopped
Peas
Spinach
Vegetable medley

Fruits

Avocado
Berries
Cherries
Mango
Pineapple

Other

Basil cubes
[other herbs]
Brown Rice
Garlic cubes
Ginger cubes
Quinoa

Animal Proteins

	Whole, parts, and ground:
Cod	Chicken
Flounder	Beef
Salmon	Lamb
Shrimp	Turkey
Trout	

DRY STORAGE

Avocado [until ripe]	Potatoes
Bananas	Garlic
Citrus	Shallots
Melons	Sweet potatoes
Onions	Winter squash

Prepared Foods*

Cauliflower pizza crust
Bean/grain blends
Fruit pops
Vegetable burgers
Whole grain or gluten-free breads**
Whole grain waffles



*Read nutrition label to ensure quality ingredients

**For long-term storage of breads, freezing is recommended