



# YOUR COMPLETE PANTRY STAPLES SHOPPING LIST

*- From Soup to Nuts! -*

# WELCOME!

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Making healthy choices starts with having healthy options readily available. Set yourself up for success by stocking up on these simple items. Having a well stocked pantry makes throwing something together at the last minute a breeze, so no more panicking when dinner rolls around and spending way too much money on takeout. You don't have to sock up all at once, so take your time.

You can print out this checklist and keep it in your kitchen so you can check off the items as you add them to your pantry.

# PANTRY STAPLES

## NUTS (RAW OR DRY ROASTED)

- Almonds
- Brazil nuts
- Walnuts
- Pecans
- Macadamias
- Cashews
- Pine nuts
- Pistachios
- Hazlenuts

## SEEDS

- Pumpkin seeds
- Flax seeds
- Hemp seeds
- Chia seeds

## NUT BUTTERS (without added sugar)

- Almond
- Cashew
- Walnut
- Pecan

## BEANS

- Lentils
- Black beans
- Chickpeas
- Navy
- Adzuki
- Pinto
- Kidney
- Cannellini

## WRAPS

- Rice paper wraps
- Siete wraps
- Coconut wraps

## CANNED/JARRED GOODS

- Canned wild-caught salmon
- Canned wild-caught tuna (no more than 1x/week)
- Canned wild caught sardines & anchovies
- Tomatoes diced
- Tomatoes whole peeled
- Coconut milks
- Pumpkin puree
- Chilis in adobo sauce
- Roasted red peppers
- Hot peppers
- Sundried tomatoes
- Capers
- Olives
- Artichokes
- Sauerkraut

## HERBS & SEASONINGS

- Basil
- Black pepper
- Cayenne
- Cinnamon
- Cloves
- Cumin
- Garlic
- Ginger
- Onion
- Himalayan pink salt
- Oregano
- Parsley
- Red pepper flakes
- Rosemary
- Thyme
- Turmeric

## BAKING

- Almond flour
- Coconut flour
- Oat flour (gluten free)
- Chocolate chips (semi-sweet, nondairy)
  - Hu, Enjoy Life
- Cocoa or Cacao powder (unsweetened)
- Coconut (shredded, unsweetened)
- Vanilla extract
- Baking powder
- Dark Chocolate (at least 70% cacao, soy & dairy free)
  - Hu, Theo, Eating Evolved

## SWEETENERS

- Raw honey
- Maple syrup
- Coconut sugar
- Monk fruit

## OILS

- Extra virgin olive oil
- Coconut oil
- Avocado oil

## CONDIMENTS

- Avocado oil mayo
  - Primal Kitchen
- Salad dressings
  - Primal Kitchen
- Mustard
- Tamari (organic)
- Coconut aminos
- Salsa

## GRAINS

- Quinoa
- Black rice
- Wild rice
- Millet
- Amaranth
- High fiber gluten free pasta
  - Pow
  - Banza

## CHIPS & CRACKERS

- Nut & Seed Crackers
  - Simple Mills
  - Jillz
- Black bean chips
- Siete brand chips

## VINEGARS & SAUCES

- Balsamic
- Apple cider
- Redo Rice
- Pesto (non dairy)
- Hot sauce
- Tomato sauce (no added sugar)

## SOUPS & STOCKS

- Vegetable stock
- Bone broth (organic & grassfed)
- Kettle & Fire brand soups
- Bare Bones brand soups

# VEGAN/VEGETARIAN PANTRY STAPLES

## NUTS (RAW OR DRY ROASTED)

- Almonds
- Brazil nuts
- Walnuts
- Pecans
- Macadamias
- Cashews
- Pine nuts
- Pistachios
- Hazlenuts

## SEEDS

- Pumpkin seeds
- Flax seeds
- Hemp seeds
- Chia seeds

## NUT BUTTERS (without added sugar)

- Almond
- Cashew
- Walnut
- Pecan

## BEANS

- Lentils
- Black beans
- Chickpeas
- Navy
- Adzuki
- Pinto
- Kidney
- Cannellini

## SOUPS & STOCKS

- Vegetable stock
- Amy's brand
- Pacific Foods brand

## CANNED/JARRED GOODS

- Tomatoes diced
- Tomatoes whole
- Coconut milk
- Pumpkin puree
- Chilis in adobo sauce
- Roasted red peppers
- Hot peppers
- Sundried tomatoes
- Capers
- Olives
- Artichokes
- Sauerkraut

## HERBS & SEASONINGS

- Basil
- Black pepper
- Cayenne
- Cinnamon
- Cloves
- Cumin
- Garlic
- Ginger
- Onion
- Himalayan pink salt
- Oregano
- Parsley
- Red pepper flakes
- Rosemary
- Thyme
- Turmeric

## BAKING

- Almond flour
- Coconut flour
- Oat flour (gluten free)
- Chocolate chips (semi-sweet, nondairy)
  - Hu, Enjoy Life
- Cocoa or Cacao powder (unsweetened)
- Coconut (shredded, unsweetened)
- Vanilla extract
- Baking powder
- Dark Chocolate (at least 70% cacao, soy & dairy free)
  - Hu, Theo, Eating Evolved

## SWEETENERS

- Raw honey
- Maple syrup
- Coconut sugar
- Monk fruit

## OILS

- Extra virgin olive oil
- Coconut oil
- Avocado oil

## CONDIMENTS

- Mustard
- Tamari (organic)
- Coconut aminos
- Salsa

## GRAINS

- Quinoa
- Black rice
- Wild rice
- Millet
- Amaranth
- High fiber gluten free pasta
  - Pow
  - Banza

## CHIPS & CRACKERS

- Nut & Seed Crackers
  - Simple Mills
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- Black bean chips
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## VINEGARS & SAUCES

- Balsamic
- Apple cider
- Redo Rice
- Pesto (non dairy)
- Hot sauce
- Tomato sauce (no added sugar)

## WRAPS

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- Siete wraps
- Coconut wraps