Pantry Essentials

BEANS

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

WET ITEMS

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

Fruits**

Peaches
Pineapple
Pears
Cherries

Condiments
[refrigerate after opening]

Capers
Pickles
Tamari or soy sauce
Mustard
Hot sauce
Mayonnaise

LIQUIDS

Milks

Almond
Rice
Oat
Coconut
[can & box]
Hemp

Vinegars

Red wine
Balsamic
Apple cider
Rice

Broths

Vegetable
Chicken
Mushroom

Oils

Olive
Canola
Avocado
Grape seed
Sesame
Oil spray

FISH/MEAT

Salmon
Sardines
Tuna
Chicken

FLOURS/DRIED

Whole wheat
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

*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	

Prepared Foods*
Cauliflower pizza crust
Bean/grain blends
Fruit pops
Vegetable burgers
Whole grain breads
Whole grain waffles

DRY STORAGE

Avocado [until ripe]
Bananas
Citrus
Melons
Onions

Potatoes
Garlic
Shallots
Sweet potatoes
Winter squash

*Read nutrition label to ensure quality ingredients
**For long-term storage of breads, freezing is recommended

immune-supportive foods

probiotics and prebiotics | *FOOD SOURCES*

Probiotics: fermented vegetables, sauerkraut, kimchi, kombucha, supplements*

Prebiotics: beans, asparagus, garlic, onions, banana, oats, apple, flax

Probiotics are live bacteria that have health benefits. Prebiotics are food for probiotics. All whole plant foods contains prebiotics

vitamin C | *FOOD SOURCES*

Citrus: orange, lemon, lime, grapefruit
Tropical fruits: kiwi, pineapple, guava, mango
Berries: strawberry, blueberry, raspberry
Bell peppers: green, yellow, orange, red
Other vegetables: cauliflower, tomatoes

zinc | *FOOD SOURCES*

Legumes and Beans: lentils, chickpeas
Seeds: sesame, pumpkin, hemp, quinoa
Shellfish: shrimp, oysters,
Dark Chocolate
Nuts: cashews, almonds, pine nuts

vitamin D3 | *FOOD SOURCES*

Wild caught fish: salmon, sardines, mackerel
Pastured eggs [yolks]: pastured eggs contain 3-4x higher vitamin D levels vs. non-pastured
D3 supplement*: active form of vitamin D
Mushrooms [lesser amounts - will depend on UV exposure]

*be sure to consult with your healthcare provider before taking any supplement