

## EAT REAL AMERICA PANTRY STAPLE LIST

Here is a list of some "staple" or regularly used items to consider keeping in the pantry. We find that we use these items on a regular basis and – if you like the recipes on [eatrealamerica.com](http://eatrealamerica.com) – we hope this staple list will be useful. It should make great-tasting meals so much easier to bring together!

You don't have to get rid of all of the processed snacks and foods in your pantry, but this is a good opportunity to re-evaluate those items! Some people have a special small section for these items, for example, a "red light box". Remember, the more REAL food, the better. Just keep it simple and focus on the ingredients!

### OILS/SPRAY

Extra Virgin Olive Oil (Olive Oil Sprayer is handy for spraying vegetables, breads, popcorn, pizza crust, plus much more!)

Coconut oil

Cooking spray

### VINEGARS

balsamic vinegar

red wine vinegar

white wine vinegar

apple cider vinegar

### CANNED INGREDIENTS

coconut milk

beans (black beans, garbanzo beans / chickpeas, great northern, pinto)

tomatoes (diced, sauce, whole)

fish (salmon, tuna, anchovies)

artichoke hearts

olives (pitted Greek kalamata olives and black olives)

### NATURAL SWEETENERS

pure maple syrup

raw honey

coconut sugar

### WHOLE GRAINS & FLOURS

couscous

quinoa (pronounced "keen wah")

brown rice

whole grain pasta

whole wheat flour, white whole wheat flour, or whole wheat pastry flour (store in the refrigerator)

almond flour (or almond meal)

old fashioned rolled oats

steel cut oats

panko breadcrumbs

popcorn kernels

### NUTS / NUT BUTTERS / DRIED FRUIT

almonds, pecans, walnuts, pine nuts, pistachios, cashews (consider storing nuts in the refrigerator)

sunflower seeds

pumpkin seeds (pepitas)

natural peanut butter / almond butter

dried fruits (raisins, apricots)



## BAKING GOODS

cacao powder  
baking powder  
baking soda  
dark brown sugar  
cornstarch (or Arrowroot for thickening)  
chocolate chips (the higher the cacao %, the better)

## SEASONINGS

basil leaves  
cayenne pepper  
chili powder  
cinnamon (try Vietnamese cinnamon)  
coriander (dried form of cilantro)  
crushed red pepper flakes  
cumin (ground)  
curry powder  
dill  
garlic powder or granulated garlic or fresh garlic  
ginger (ground)  
nutmeg  
onion powder or granulated onion  
oregano (dried)  
paprika (Hungarian, regular) and smoked paprika  
parsley flakes  
rosemary  
thyme leaves (or ground thyme)  
black pepper  
salt (add salt & pepper grinders to your list and get coarse sea salt and black peppercorns)

## OTHER

low sodium chicken broth/vegetable broth (we like the Orrington Farms broth base and mix as needed)  
hot sauce or sriracha  
reduced-sodium soy sauce  
Worcestershire sauce  
low fat Mayo  
Dijon and whole grain mustard  
natural ketchup  
whole wheat tortillas  
onions  
lemons  
limes  
eggs  
unsalted butter  
cheese (parmesan, cheddar, feta)

## FREEZER

lean ground beef  
skinless boneless chicken breasts  
frozen veggies (corn, peas, edamame)  
frozen berries  
salmon/cod/shrimp