

# STOCK A HEALTHIER PANTRY!

**EAT REAL**  
AMERICA

Get Fresh. Get Local. Get Real.

## ALWAYS HAVE ON HAND

### Oils and vinegars

- Extra virgin olive oil (an olive oil sprayer is also useful)
- Cooking spray (propellant free)
- Balsamic vinegar
- Apple cider vinegar

### Nuts, nut butters, and dried fruits

- Almonds, pecans, and walnuts (we keep these in the fridge)
- Natural peanut butter
- Raisins
- Dates (pitted)

### Natural sweeteners

- Pure maple syrup
- Coconut sugar

### WIDE VARIETY OF FRESH VEGGIES & FRUITS

### Seasonings

- Basil (dried)
- Cinnamon (ground)
- Crushed red pepper flakes
- Cumin (ground)
- Curry powder
- Dill (dried)
- Garlic (powder or granulated)
- "GO-TO" (equal parts garlic, onion, thyme, oregano)
- Nutmeg (ground)
- Onion (powder or granulated)
- Oregano (dried)
- Paprika (Hungarian or Spanish)
- Paprika (Smoked)
- Rosemary (dried)
- Thyme (ground or leaves)
- Turmeric (ground)
- Za'atar (ground)
- Salt and black pepper

## NEXT IN LINE (USEFUL TO HAVE ON HAND)

### Oils and vinegars

- Red wine vinegar
- White wine vinegar
- Rice vinegar

### Nuts, nut butters, and dried fruits

- Almond butter
- Other nuts (cashews, pistachios)
- Other dried fruits (apricots, cherries, cranberries, figs)

### Natural sweeteners

- Raw honey
- Date sugar or brown sugar

### Cans/jars/packets

- Beans [black, garbanzo (chickpeas), great northern, kidney]
- Diced tomatoes
- Marinara sauce
- Fish (wild caught salmon, tuna, anchovies)
- Salsa

### Baking goods

- Baking powder
- Baking soda
- Cacao powder (unsweetened)
- Dark chocolate chips (the higher the cacao %, the better)
- Vanilla extract

### Whole grains and flours

- Brown rice
- Chia seeds
- Farro
- Flaxseed meal / ground flax (keep in fridge)
- Old fashioned rolled oats
- Quinoa
- Whole grain pasta

### Others

- Low-sodium broth
- Soy sauce (reduced sodium, tamari is gluten-free)
- Milk (almond or soy milk)
- Yogurt (such as nonfat Greek)
- Dark chocolate bar (70% or higher, to satisfy a sweet craving)

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## OTHERS TO CONSIDER (WORTH THE INVESTMENT)

### Oils and vinegars

- Coconut oil
- Toasted sesame oil
- White distilled vinegar

### Baking goods

- Cornstarch (or arrowroot)
- Shredded coconut (unsweetened)

### Cans/jars/packets

- Tomatoes (whole, crushed, sauce, paste)
- Coconut milk (light)
- Olives (kalamata and black olives)
- Sauerkraut
- Artichoke hearts
- Hearts of palm
- Roasted red peppers
- Chipotle chilies in adobo
- Unsweetened applesauce
- Pumpkin (100% pure pumpkin)

### Perishable ingredients

- Lemons and limes
- Eggs
- Fresh garlic (or minced garlic in jar)
- Fresh ginger (keep in freezer)
- Yogurt (we like nonfat Greek)
- Cheese (varieties of your choice)
- Unsalted butter
- Sweet potatoes
- Red and white onions

### Frozen ingredients

- Lean ground beef (grass-fed)
- Ground turkey
- Skinless boneless chicken breasts
- Wild caught seafood (cod, salmon, others)
- Frozen veggies (corn, edamame, others)
- Frozen berries
- Frozen bananas

### Seasonings

- Allspice
- Cayenne pepper
- Chili powder
- Chinese five spice
- Coriander (ground)
- Garam Masala
- Ginger (ground)
- Mustard (ground)
- Parsley flakes
- Pumpkin pie spice
- Sage

### Nuts and seeds

- Peanuts
- Pepitas (pumpkin seeds)
- Sesame seeds

### Whole grains and flours

- Whole wheat white flour, whole wheat flour, or whole wheat pastry flour
- Almond flour
- Steel cut oats
- Lentils
- Bulgur
- Panko breadcrumbs
- Popcorn kernels

### Other

- Sriracha or hot sauce
- Worcestershire sauce
- Mayonnaise
- Mustard (Dijon or stone ground)
- Ketchup (natural ingredients)
- Nutritional yeast
- Tahini (ground sesame seeds)
- Pesto
- Red curry paste
- Horseradish
- Thai chili garlic sauce