

Healthy Pantry

Nuts and Seeds

- Walnuts
- Almonds
- Cashews
- Peanuts
- Pecans
- Hazelnuts
- Sunflower seeds
- Pumpkin seeds (Pepitas)
- Hemp hearts
- Chia seeds
- Sesame seeds
- Whole flax seeds (I grind them myself, then keep them in the fridge)
- Natural peanut butter
- Sunflower seed butter
- Almond butter
- Sesame seed butter (Tahini)

Grains

- Rolled oats
- Steel cut oats
- Brown rice (long or short-grain)
- Quinoa
- Buckwheat groats
- Whole wheat pasta
- Whole wheat bread
- Whole wheat tortillas and pitas
- Popcorn kernels

Flours

- Whole wheat flour
- Kamut flour
- Buckwheat flour
- Spelt flour
- Brown rice flour
- Oat flour (I make my own by grinding rolled oats in a blender)
- Arrowroot powder
- Nut and seed flours (I buy whole nuts and seed and make my own as needed)

Legumes

- Chickpeas
- Black beans
- Kidney beans
- Green or brown lentils
- French lentils
- Red lentils
- Edamame
- Firm or extra-firm tofu

Oils and Vinegars

- Cold-pressed extra-virgin olive oil
- Avocado oil
- White wine vinegar
- Red wine vinegar
- Balsamic vinegar
- Apple cider vinegar
- Rice vinegar
- Coconut oil (for hair and skin)

Milk

- Unsweetened soy milk
- Unsweetened almond milk
- Unsweetened cashew milk
- Canned light coconut milk

Sweets and Baking

- Unsweetened chocolate or carob Chips
- Dried fruits (dates, raisins, mulberries, unsweetened cranberries and mangoes)
- Unsweetened shredded coconut and coconut chips
- Cocoa nibs
- Unsweetened cocoa powder
- Pure vanilla extract or artificial
- Baking powder
- Baking soda

Coffee and Tea

- Coffee
- Decaf coffee
- Tea
- Matcha

Herbs and Spices

- Basil
- Oregano
- Thyme
- Rosemary
- Parsley
- Turmeric
- Curry powder
- Chana masala
- Chili powder
- Cumin
- Coriander
- Cardamom
- Nutmeg
- Cinnamon
- Ginger
- Clove
- Garlic powder
- Onion powder
- Minced onion
- Smoked paprika
- Sweet paprika
- Bay Leaves
- Cayenne pepper
- Chipotle
- Mustard powder
- Dill
- Red pepper flakes
- Black pepper
- Fine grain sea salt

Sauces and Condiments

- Ketchup
- Yellow mustard and Dijon
- Salsa
- Sriracha
- Low sodium soy sauce or tamari
- Canned tomatoes (no added salt)
- Tomato paste

Other

- Nutritional yeast
- Sundried tomatoes
- Unflavored protein powder
- Unsalted vegetable broth