

# HEALTHY PANTRY CHECKLIST

## 4 KEY CATEGORIES

There are only 4 key categories to have a healthy pantry at home. These Ingredients can make an endless variety of quick, healthy meals. First, dried seeds which includes beans, rice, legumes, nuts and seeds. Second, baking supplies including flour, sugar, salt, oil, and flavorings. Third, canned goods and lastly, meal starters. Remember this is just a starting place and to make choices that fit into your busy life.

### SEEDS

- dried black or pinto beans
- garbanzo beans
- nuts like peanuts or almonds
- brown + white rice
- chia or flax seeds
- lentils

### BAKING

- all purpose bread
- almond or coconut "flour"
- baking power and soda-
- kosher + sea salt
- olive and avocado oil
- chocolate chips or dried fruit
- oatmeal

### CANNED FOODS

- broth (meat or vegetable)
- canned tomatoes + sauce
- coconut milk
- jarred olives + artichokes
- canned tuna and chicken
- spice pastes: curry, chili, pesto
- canned vegetables

### MEAL STARTERS

- High Fiber Cereal
- Protein power with fiber
- Dried High Fiber Pasta
- Canned High Fiber Soups
- Ready to heat meals like Indian Daal or mexican bowls or noodle cups