

# NOURISHED BY NUTRITION PANTRY STAPLES

Before you begin, take an inventory of what's in your pantry, fridge and freezer. Throw or give away any highly -processed foods or things you just don't use. Use this as a guide to stock your pantry. Put a checkmark next to the things you already have, then add the others to your grocery shopping list for the week or two until your pantry is stocked!

## Pantry Items

- ROLLED OATS
- QUINOA
- RICE
- BEANS (CHICKPEAS, BLACK, CANNELLINI, ETC)
- LENTILS
- PASTA (I LIKE JOVIAL BROWN RICE, BANZA, OR LENTIL PASTA)
- PASTA SAUCE
- TOMATOES (DICED, ROASTED, PASTE, TOMATO SAUCE)
- VEGETABLE STOCK OR BROTH
- SALMON & TUNA (WILD-CAUGHT, CANNED)
- SALSA
- NUTRITIONAL YEAST
- CANNED COCONUT MILK
- BEVERAGES (COFFEE, MATCHA, HERBAL TEA)
- COLLAGEN PEPTIDES
- PLANT-BASED PROTEIN POWDER
- LONGER-LASTING PRODUCE (SWEET POTATOES, POTATOES, SPAGHETTI SQUASH, ONIONS, ETC.)

## Nuts & Seeds

- PEANUT BUTTER
- NUT BUTTER (ALMOND BUTTER, CASHEW, PECAN, MIXED NUT, ETC)
- NUTS (ALMONDS, CASHEWS, WALNUTS, PISTACHIOS, ETC)
- SEEDS (FLAX, CHIA, HEMP, PUMPKIN, ETC)
- TAHINI

## Cooking Oils

- AVOCADO OIL SPRAY
- AVOCADO OIL
- COCONUT OIL
- EXTRA VIRGIN OLIVE OIL
- GHEE

## Herbs & Spices

- FINE SEA SALT
- FRESH BLACK PEPPER
- OREGANO
- BASIL
- PAPRIKA/SMOKED PAPRIKA
- BAY LEAVES

## Herbs & Spices

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- GROUND GINGER
- TURMERIC
- GARLIC POWDER
- CAYENNE PEPPER
- CRUSHED RED PEPPER FLAKES

## Baking

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- MAPLE SYRUP
- HONEY
- COCONUT SUGAR
- DATES
- CACAO POWDER
- VANILLA EXTRACT
- ALMOND FLOUR
- SPELT FLOUR
- COCONUT FLOUR
- BAKING POWDER & SODA
- CINNAMON
- NUTMEG

## Snacks

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- CRACKERS (SIMPLE MILLS, MARY'S GONE CRACKERS, RICE CRACKERS)
- TORTILLA CHIPS
- GRANOLA (CHICKPEA, KITCHFIX, PURELY ELIZABETH, SEVEN SUNDAY'S)
- BARS (RAWREV, GO MACRO, RX, KIND)
- POPCORN

## Fridge

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- EGGS
- TOFU
- TEMPEH
- TORTILLAS
- APPLE CIDER VINEGAR
- BALSAMIC VINEGAR
- LOW-SODIUM TAMARI
- LIQUID AMINOS OR COCONUT AMINOS
- DIJON MUSTARD
- HOT SAUCE
- MISO
- CAPERS
- MINCED GARLIC
- LONGER-LASTING PRODUCE (CARROTS, BEETS, CITRUS, APPLES, ETC.)
- FERMENTED VEGGIES OR SAUERKRAUT

## Frozen

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- BERRIES
- BANANAS
- BREAD (STAYS FRESH LONGER!)
- CAULIFLOWER RICE
- VEGETABLES
- VEGGIE BURGERS (SUNFOODS, AMY'S OR HILLARY'S)
- SHRIMP
- SALMON