



# RECIPE RESOURCE

## Pantry Staples

When your kitchen is regularly stocked, it's easy to throw healthy meals together on the fly. Below you'll find a list of my main non-negotiables. I always have some variety of the list below on hand. From this list, you can make anything from 10-minute asian stir-fry, restaurant quality salads, veggie bean bowls + smoothies galore!

Vinegar: Braggs Apple Cider Vinegar + Balsamic Vinegar

Oils & Healthy Fat: High Quality EVOO + Expeller Pressed Virgin Coconut

Oil/Cocobutter + Ghee + grass-fed, hormone free, unsalted butter

Sauce: Tamari Sauce or Coconut Aminos

Spices: fine grain sea salt + course ground sea salt + sea dulse + sea kelp

black peppercorn + grinder + Nutritional Yeast

Sweeteners: raw honey (local is best!) + grade A or B maple syrup

Broth: low-sodium veggie broth

cumin | cayenne | bay leaves | red-pepper flakes | garlic powder | vanilla | cinnamon  
| curry powder | onion powder | turmeric powder | ground ginger | chili powder

2 - 4 grain varieties (look for sprouted grains, too!) \*refer to the grain handout for ideas!  
rolled oats

2 noodle varieties (regular/wholegrain pasta/asian noodles/banza chickpea pasta)  
dried lentils

2-4 canned beans varieties, no salt-added

2 cans full fat coconut milk

2-4 canned tomato sauce

Flax, hemp and/or chia seeds

large bag of frozen mixed veggies

1-2 bag(s) frozen greens (kale/spinach)

2-3 varieties of organic frozen fruit

Eggs

1 bunch fresh greens for fast salads

Onions + Garlic

sweet potatoes

avocados

Sourkrout

Optional/Seasonal: fresh fruits, herbs or assorted nuts/seeds