

# Delicious Kitchen Guide

## Healthy Pantry Staples

### PANTRY

Broth: Veggie and/or chicken  
Crushed Tomatoes  
Tomato Paste  
Marinara Sauce  
Beans: Dried and/or canned  
Extra Virgin Olive Oil  
Virgin Coconut Oil  
High Oleic Sunflower Oil  
Flavored Oil, such as sesame  
Balsamic Vinegar  
Rice Vinegar  
Nut Butter  
Coffee, optional  
Tea-green, black, herbal  
Pasta  
Polenta  
Oatmeal  
Quinoa  
Rice  
Cane sugar  
Honey  
Pure Maple Syrup  
Baking Powder/Soda  
Flour-GF or All-Purpose  
Cocoa Powder  
Sea Salt or Kosher Salt  
Spices  
Potatoes & Sweet Potatoes  
Onions and Garlic  
Tomatoes  
Bananas  
Avocado  
Energy Bars  
Protein Powder, optional  
Dark Chocolate-70 % +  
Raisins, other dried fruit  
Popcorn  
Whole Grain Crackers

### REFRIGERATOR

Butter/Alternative  
Milk-Dairy and/or Non-Dairy  
Eggs  
Greek Yogurt  
Parmesan Cheese  
Cheddar/Feta/Other Cheese  
Mustard-Dijon or other  
Ketchup  
Salsa  
Soy Sauce/GF Tamari  
Hot Sauce  
Sparkling Water  
OJ/Pomegranate/Other Juice  
Lettuce, other than iceberg  
Baby Spinach  
Purple Cabbage  
Kale  
Broccoli Slaw or Cole Slaw  
Mushrooms  
Lemons  
Oranges  
Apples  
Hummus  
Whole Wheat or GF Tortillas  
Corn Tortillas

### FREEZER

Peas  
Corn  
Mixed Veggies  
Edamame  
Broccoli or Cauliflower  
Spinach  
Fruit {Berries, mango, other}  
Ground Beef {Grass Fed}  
Ground Turkey  
Chicken Breasts  
Fish-halibut, mahi, wild salmon  
Bacon  
Bread  
Nuts  
Ice Cream, optional  
Hash Browns  
Sweet Potato or other fries

GF=Gluten Free