

Delicious Kitchen Guide

Healthy Pantry Staples

PANTRY/DRY

Broth: Veggie &/or Chicken
Tomatoes: Crushed & Paste
Marinara Sauce
Beans & Lentils
Extra Virgin Olive Oil
Virgin Coconut Oil
High Oleic Sunflower Oil
Nut and/or Seed Oil
Vinegar: Balsamic, Rice
Nut Butter
Coffee & Tea, optional
GF Pasta
Polenta & Oatmeal
Quinoa & Rice
Cane sugar
Honey & Maple Syrup
Baking Powder/Soda
GF All-Purpose Flour Blend
Cocoa Powder
Salt & Pepper
Spices
Potatoes & Sweet Potatoes
Onions and Garlic
Tomatoes
Bananas
Avocado
Energy Bars, optional
Protein Powder, optional
Dark Chocolate-70 % +
Raisins & Dried Fruit
Popcorn
GF Crackers, optional

REFRIGERATOR

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

FREEZER

Peas
Corn
Mixed Veggies
Edamame
Broccoli and/or Cauliflower
Spinach
Fruit {Berries, mango, other}
Ground Beef {Grass Fed}
Ground Turkey
Chicken Breasts
Fish-halibut, mahi, wild salmon
Bacon
GF Bread
Nuts & Seeds
Potatoes: Diced/Shredded/Fries
Ice Cream, optional
GF Pizza Crust, optional

GF = Gluten Free