

Dried Fruit

Apricots
Medjool dates
Prunes
Raisins

Extra Goodies

Baked Kettle Chips
Gluten-free granola
LARABARS
Mary's Crackers
Perky's Crunchy Flax cereal
Roasted, salted pistachio nuts

Condiments & Baking Supplies

Non-dairy milks: almond, coconut, soy, rice, hemp
Apple cider vinegar
Apple juice
Arrowroot powder
Baking powder
Baking soda
Balsamic vinegar
Bouillon cubes
Cacao powder
Extra virgin olive oil
Flax oil (keep in the fridge)
Gluten-free flours: almond, coconut, sorghum, and chickpea
Ground stevia leaf
Herbamare
Molasses
Palm/coconut sugar
Spices
Sunflower oil
Unpasteurized honey
Unrefined extra virgin coconut oil
Vanilla bean powder
Vanilla extract
White powdered stevia

Using air-tight containers will prevent foods from going stale.

Pick up 1 new spice every time you're at the grocery store.

Keep a grocery list on the fridge. When you run out of a pantry item, write it down and pick it up next time you're at the store.

Keep your pantry organized.

Grains

Amaranth
Brown rice
Buckwheat
Millet
Quinoa
Quinoa flakes
Uncontaminated oats
Wild rice

Pulses

Black beans
Chickpeas
Kidney beans
Lentils
Pinto beans

Nuts & Seeds

Almonds
Cashews
Chia seed
Coconut
Flax seed
Hemp seed
Pecans
Pumpkin [pepita] seeds
Sesame seeds
Sunflower seeds
Walnuts