



Pantry List

Fats

Butter
Coconut Oil
Extra Virgin Olive Oil ex. California Olive Ranch
Ghee (Clarified Butter)
Chosen Foods Avocado Oil

Nuts & Seeds

All and choose variety
Nut Butters – ingredients just nuts & salt
Whole Flaxseed
Chia Seed

Beans & Lentils

Soaked/Sprouted Beans, Lentils
[\(How to soak beans and lentils\)](#)

Grains

Spelt Flour
Coconut Flour
Almond Meal
Einkorn flour (ex. Jovial)
Whole Rolled Oats
Wild Rice
Brown Rice
Quinoa (especially sprouted variety like Tru Roots Sprouted Quinoa)
Sorghum
Ezekiel Bread + Tortilla

Dairy

Whole milk yogurt (made with milk from grass-fed cows) ex. Siggi's
Organic Whole Milk Kefir ex. Lifeway Organic

Butter (made with milk from grass-fed cows) ex. Kerry Gold

Sweeteners

Honey

Real maple syrup

Blackstrap Molasses

Bragg's Apple Cider Vinegar

Proteins

Organic poultry

Wild Caught seafood

Grass-fed beef

Pastured eggs ex. Vital Farms

Plain, whole milk yogurt//coconut milk yogurt

Bacon without added nitrates/nitrites ex. Wellshire

Produce:

Fresh garlic, ginger, scallions

Fresh herbs

Dried spices and seasonings ex. Spicely

Assorted vinegars/citrus

Dried mushrooms

Beverages:

Water, mineral water

Assorted teas: favorite brands that include quality tea and tea bag ingredients are

Traditional Medicinals and Numi

Kombucha

Coconut water

Convenience Items:

Ezekiel Breads

Tessamae's dressings

Tessamae's mayonnaise

Applegate Farms Sausage

Organic deli meats

Canned, wild fish (salmon, tuna, sardines) ex. Wild Planet

Mary's Gone Crackers

Organic Frozen Vegetables and Fruit

Organic, pre-washed salad greens

Coconut Aminos (a gluten-free, soy-free, soy-sauce-like condiment)

Marinara sauce (without vegetable oils) ex. Muir Glen or Rao's

Organic Salsa ex. Muir Glen, Frontera Grill
Thai curry paste ex. Thai Kitchen
Organic tomato paste and/or red pepper paste ex. Bionaturae (comes in a glass jar
instead of a can)
Fish sauce ex. Red Boat
Living Intentions Sprouted Unsalted Almonds
Tru Roots Sprouted Quinoa
Tru Roots Sprouted Lentil Trio
Napa Valley Naturals Balsamic Vinegar

Treat

Hail Merry Miracle Tarts
Icelandic Dark Chocolate
Alter Eco Dark Blackout Organic Chocolate