

STOCKING

A HEALTHY

PANTRY

101

OILS / VINEGARS

- extra-virgin olive oil
- coconut oil
- grapeseed oil
- balsamic vinegar
- white balsamic vinegar
- apple cider vinegar
- red wine vinegar
- rice vinegar

WHOLE GRAINS & LEGUMES

- rolled oats
- steel-cut oats
- 10-grain hot cereal
- lentils (green or brown)
- bulgur
- barley
- farro
- wild rice
- brown rice
- quinoa
- couscous
- whole wheat pasta
- black beans
- chickpeas
- red kidney beans
- white beans

FLOURS

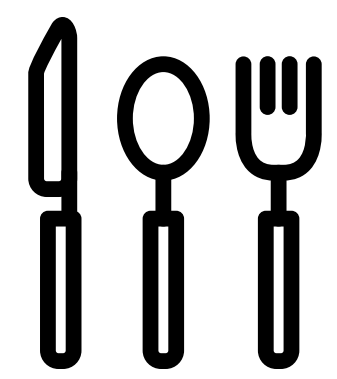
- white whole wheat flour
- whole wheat flour
- whole wheat pastry flour
- unbleached all-purpose flour
- bread flour
- cake flour
- cornmeal
- oat bran
- almond meal

SWEETENERS

- honey
- pure maple syrup
- molasses
- brown rice syrup
- unsweetened applesauce
- cane sugar / granulated sugar
- brown sugar
- coconut sugar
- confectioners' sugar

CONDIMENTS

- low-sodium soy sauce
- dijon mustard
- whole grain mustard
- sriracha
- hot sauce
- worcestershire sauce (we use vegan)
- assorted fruit jams
- pepper jelly



BAKING

- baking powder
- baking soda
- cornstarch
- olive oil spray
- coconut oil spray
- unsweetened cocoa powder
- dutch-process cocoa powder
- espresso powder
- vanilla extract
- almond extract
- unsweetened coconut flakes
- semi-sweet chocolate chips or chunks
- dark chocolate chips or chunks
- dark chocolate bars

MISCELLANEOUS

- low-sodium vegetable broth
- canned diced fire-roasted tomatoes
- canned whole tomatoes
- tomato paste
- jarred marinara sauce
- canned chipotle peppers in adobo sauce
- panko breadcrumbs
- whole wheat breadcrumbs
- canned full-fat coconut milk

RAW NUTS, SEEDS & DRIED FRUITS

- natural creamy peanut butter
- almond butter
- tahini
- pecans
- walnuts
- almonds
- cashews
- peanuts
- shelled pistachios
- pine nuts
- pepitas
- sunflower seeds
- hulled hemp seeds
- chia seeds

- flaxseed
- sesame seeds
- poppy seeds
- raisins
- golden raisins
- medjool dates
- dried cranberries
- dried blueberries

SPICES

- fine-grain sea salt
- black pepper
- flaky sea salt
- red pepper flakes
- cayenne pepper

- cumin
- smoked paprika
- chili powder
- garlic powder
- onion powder
- rosemary
- oregano
- basil
- parsley
- thyme
- ground mustard seed
- cinnamon sticks
- ground cinnamon
- ground nutmeg
- ground ginger
- ground cloves
- ground cardamom
- ground allspice