

PANTRY LIST

Fruit:

- Dried Fruit, no sugar added (cranberries, blueberries, raisins, apricots, dates)
- Unsweetened apple sauce (No name brand)
- Canned pears packed in water

Vegetables:

- Sweet potatoes/regular potatoes
- Yellow/red onions
- Beets
- Canned diced/crushed tomatoes
- Spaghetti squash, butternut squash
- Amy's organic soups

Protein:

- Canned/dry chickpeas, black beans, kidney beans, lentils, etc. no salt added)
- Canned tuna or salmon (with or without bones, sustainably sourced)
- Nuts, unsalted: peanuts, cashews, walnuts
- Nut butter
- Hemp seeds
- Protein powder (whey, rice, pea, etc.)

Grains:

- Quinoa
- Brown rice
- Couscous
- Whole wheat pasta or Catelli smart pasta
- Uncle Ben's minute rice
- Long grain wild rice
- Homemade granola
- Vector protein granola, Special K protein cereal, Kind healthy grains clusters
- Vermicelli (Rooster brand or PC)

Basics:

- Rolled or instant oats (Quaker brand)
- Seeds: flax, chia, sunflower, and pumpkin
- All purpose flour, whole wheat flour
- Campbell's vegetable or chicken broth, no salt added
- Whole popcorn kernels
- Extra virgin olive oil, coconut oil, avocado oil
- Tomato sauce (Classico, Amy's or Newman's own brand marinara)
- Spices (cinnamon, nutmeg, ginger, curry powder, garlic powder, oregano, Italian blend, paprika, chili powder, cumin)
- Honey
- Wheat thins, rice crackers, Mary's crackers
- Plain rice cakes

Miscellaneous:

- Unsweetened shredded coconut
- Sauerkraut, kimchi
- Dark chocolate (70% or higher)
- Low sodium soy sauce (VH brand)
- 100% pure cocoa or cacao powder
- Sesame oil
- Balsamic, white, and rice vinegar
- Larabars
- Kind granola bars
- Canned coconut milk
- Quaker crispy minis