

# *Stocking a Basic Pantry*

*staple ingredients for wholesome eating*

## **vegetables**

garlic  
onions  
carrots  
celery  
lettuce/greens  
potatoes  
seasonal produce

## **fruit**

lemons  
apples  
oranges  
bananas  
seasonal fresh fruit  
raisins  
other dried fruits

## **nuts/seeds**

almonds, walnuts  
sunflower, pumpkin  
flax, sesame seeds  
unsweetened coconut

## **oils**

olive oil  
coconut oil/butter  
flax oil

## **packaged foods**

canned beans, canned tomatoes  
salsa, prepared mustard, nut butter, tahini  
frozen fruit, berries, vegetables

## **for gluten-free cooking**

brown rice flour  
sorghum flour  
raw hulled buckwheat  
millet

## **bulk items**

dried lentils  
split peas  
other dried beans (black, pinto, etc.)  
brown rice  
rolled oats  
cornmeal (yellow or blue)  
optional- quinoa, millet, kasha

## **herbs/spices/seasonings**

unrefined sea salt  
raw apple cider vinegar  
cinnamon  
parsley  
oregano  
basil  
thyme  
chili powder  
ground cumin  
curry powder  
turmeric  
ground mustard  
paprika  
onion powder  
garlic powder  
baking powder  
baking soda