

## *Stocking a Basic Wholesome Pantry*

Purified water (distilled, reverse osmosis)

Olive oil

Flax oil (should be bought from a refrigerated case)

Unrefined sea salt

Raw/unpasteurized apple cider vinegar

Salad dressings (check ingredients carefully), prepared hummus

Canned tomatoes, pasta sauce, salsa

Canned beans (chickpeas, kidney beans, black beans, pintos, etc.)

Lemons

Oranges

Bananas

Apples

Other seasonal fruits

Garlic

Onions

Lettuce

Carrots

Celery

Potatoes (white/sweet)

Other seasonal veggies

Vegetables for juicing

Grains (brown rice, rolled oats, cornmeal)

Dry beans (lentils, split peas)

Dried fruit (raisins, dates, figs, apples, apricots, etc.)

Nuts (almonds, walnuts, etc.)

Seeds (sunflower, pumpkin, sesame, flax)

Frozen berries (strawberries, blueberries, etc.)

Frozen veggies (peas, green beans, broccoli, etc.)

Basic herbs/spices (from bulk section, ideally)

Herbal tea/roasted grain beverage

Honey, maple syrup

Almond butter (or other nut butters)

Tahini (sesame paste)

Carob powder

Shredded coconut (unsweetened)

Rice milk, almond milk, other non-dairy milks (*check ingredients carefully!*)

Wholegrain (GF) bread

Wholegrain (GF) pasta