

PANTRY

ESSENTIALS



Incorporate healthy essentials into your diet today - starting with your pantry!

- Almonds
- Almond Milk
- Almond Meal
- Applesauce
- Beans
- Brown Rice
- Canola Oil
- Chia Seeds
- Cinnamon
- Canned Tuna or Salmon
- Coconut Aminos
- Coconut (shredded, unsweetened)
- Coffee
- Dark Chocolate
- Extra Virgin Olive Oil
- Flax Seeds
- Hemp Seeds
- Honey
- Lentils (red, green, french)
- Maple Syrup
- Molasses (blackstrap)
- Nut butter (almond, peanut, cashew)
- Nutritional Yeast
- Oatmeal (large flake or steel cut)
- Popcorn Kernels
- Pumpkin seeds
- Quinoa
- Stock (low sodium chicken or vegetable)
- Sunflower seeds
- Spices
- Tahini
- Tea
- Tortilla chips (unsalted)
- Vanilla extract
- Vinegar (apple cider, balsamic, red/white)

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