

PANTRY STAPLES

BEANS & GRAINS

Beans/Legumes

- black beans
- chickpeas/garbanzo beans
- lentils
- navy beans
- pinto beans
- split peas

Oats*

- old fashioned rolled
- steel cut

Pasta*

- fusili
- penne
- spaghetti

Popcorn

Rice

- Basmati
- Brown
- Jasmine
- White

Quinoa

DRY GOODS

Flours, etc.

- almond flour
- all purpose flour*
- arrowroot powder
- brown rice flour
- buckwheat flour
- chia seeds
- cocoa powder
- coconut flour
- cornmeal
- flax meal
- potato starch
- tapioca starch

Leaveners/Thickeners

- active dry yeast
- baking powder*
- baking soda
- corn starch
- cream of tartar
- gelatin
- pectin
- xanthan gum

CANS & JARS

Beans

- black beans
- chickpeas/garbanzo beans
- great northern beans
- refried beans

Broth/bouillon

Capers

Coconut Cream

Coconut Milk

Fruit

- applesauce
- mandarin oranges
- peaches
- pineapple

Jam/Jelly

Pickles

Tomato Products

- crushed tomatoes
- diced tomatoes
- pasta sauce
- tomato paste
- tomato sauce

Tuna

Vegetables

- corn
- green beans
- diced green chilis
- pumpkin puree

HERBS & SPICES

- basil
- bay leaves
- black pepper
- cayenne pepper
- cinnamon
- chili powder
- chopped dry onions
- cumin
- dill weed
- curry powder
- garlic powder
- ginger powder
- Italian Seasoning
- onion powder
- paprika
- parsley
- rosemary
- sea salt (fine)
- thyme

CONDIMENTS & SAUCES

- chili sauce
- coconut aminos
- curry paste
- dijon mustard
- extracts (vanilla, almond)
- hot sauce
- ketchup
- lemon juice
- lime juice
- mayonnaise
- mustard
- salsa
- sesame tahini**
- sriracha
- tamari
- worchestershire sauce*

OILS & VINEGARS

Oils

- canola
- coconut
- olive
- sesame**
- non-stick spray

Vinegars

- apple cider
- balsamic
- red wine
- white

SWEETENERS

- agave nectar
- brown sugar
- granulated sugar
- honey
- maple syrup
- powdered sugar
- pure stevia powder

THIS & THAT

- chocolate chips
- dry fruit
- marshmallows
- non-dairy milk**
- nuts**
- nut butters**
- seeds**
- shortening

*gluten free, if necessary

**omit for allergies

