



# HEALTHY PANTRY CHECKLIST

## 1 CANNED

- TOMATOES ( whole  crushed  paste)  TUNA (oil packed)
- COCONUT MILK  BEANS ( black  pinto  cannellini  chickpeas)

## 2 WHOLE GRAINS + LEGUMES

- BROWN RICE (short grain)  WHITE RICE ( jasmine +/-  basmati)
- OATS ( quick  regular  steel cut)  BULGUR  COUSCOUS  FARRO
- LENTILS ( brown  green  red)

## 3 FREEZER

- BERRIES ( blueberries  raspberries  strawberries)  PINEAPPLE
- MANGO  PEAS  CORN  BROCCOLI

## 4 SPICES

- KOSHER SALT  BLACK PEPPERCORNS (for grinding)  CINNAMON
- DRIED RED CHILI PEPPERS ( whole  crushed)  DRIED OREGANO
- CUMIN (ground)  PAPRIKA ( sweet  smoked)  CORIANDER  TURMERIC

## 5 NUTS + NUT BUTTERS

- PEANUTS  ALMONDS  PISTACHIOS  WALNUTS  CASHEWS
- HAZELNUTS  PEANUT BUTTER  ALMOND BUTTER  TAHINI

## 6 OILS

- OLIVE (extra virgin)  PEANUT (roasted)  CANOLA  AVOCADO
- SESAME (toasted)  COCONUT  GHEE

## 7 VINEGARS

- RED WINE  WHITE WINE  APPLE CIDER  RICE  BALSAMIC

## 8 SWEETENERS

- PURE CANE SUGAR  BROWN SUGAR ( light or  dark)
- MAPLE SYRUP  HONEY  AGAVE NECTAR

## 9 CONDIMENTS

- MUSTARD (Dijon)  KETCHUP  MAYONNAISE  SOY SAUCE
- FISH SAUCE  HOT SAUCE ( Tabasco  sriracha)  HARISSA

## 10 DRY GOODS

- PASTA ( spaghetti  rigatoni  pappardelle  shells  orzo)
- RICE NOODLES  FLOUR ( all purpose  almond  brown rice)
- CORNMEAL (stone ground)  COCOA (unsweetened)