

Stocking Your Pantry Healthy Food List

Dry Grains

- Brown Rice
- Quinoa
- Amaranth or Millet

Dry Beans

- Red Lentils
- Green Lentils
- Black Beans or other favorite dry bean

Other Dry Goods

- Nuts/Seeds: Walnuts, Pumpkin Seeds, Flax & Hemp (keep in freezer)
- Soba Noodles
- Dried Mushrooms (shitake)

Condiments

- Tamari
- Apple Cider Vinegar
- Olive Oil
- A dry sweetener, like date sugar or liquid sweetener, like brown rice syrup
- Salsa/Enchilada Sauce
- Dijon Mustard

Canned Goods and Convenience Items

- Lemon Juice
- Vegetable Broth
- Tomatoes: Whole Plum and Crushed
- Canned Beans: Black Beans, Chickpeas
- Coconut Milk
- Tahini
- Thai Chili Paste (I find red is most versatile)

Spices and Baking Needs

- Sea Salt and Whole Pepper
- Spices and Spice Blends (curry, garam masala, Chinese 5 spice, Italian)

Produce

- Onions and Garlic
- Carrots, Celery (onions + celery + carrots=common soup base)

Freezer

- Mixed Vegetable Blends: Asian style
- Any vegetable you enjoy eating but hate cutting: like butternut squash chunks!