Grocery Staples

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| **Pantry** |
| Kombucha (fermenting)Rice Milk, Hemp MilkCoconut WaterSparkling WaterCoconut Wraps, curry & plain[[1]](#footnote-1) Shelled nuts\*: macadamia, cashew, hazelnut, pistachio, pecanSeeds\*: roasted sunflowerDried Fruit: dates, mango, apricots, figs, prunes, raisins (unsulphured & unsweetened) | Miracle Noodles[[2]](#footnote-2) Nut & Seed Butters[[3]](#footnote-3): cashew, almond, sunflowerCreamed CoconutCoconut MilkSpices & HerbsOlive OilVinegars: apple cider, sherry, red wine, white wine, balsamic, coconutCanned Tuna & Salmon[[4]](#footnote-4) | Kelp NoodlesJerky: salmon, beefPickled Veggies, Preserves, Pesto, etcApplesauceTomatoes & Tomato Paste (jars)Seaweed, driedGo Raw ‘cookies’Chicken Broth[[5]](#footnote-5)Crackers[[6]](#footnote-6)OnionAvocadoWinter Squash |

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| **Baking Pantry** |
| Coconut FlourAlmond FlourMesquite FlourHazelnut Meal/FlourGolden Flax SeedGelatin (Great Lakes) | Coconut MannaBaking Powder, corn-, aluminum-free (Hain Pure Foods)Sea Salt, fine & coarseVanilla ExtractHoney | Coconut OilChocolate Chips[[7]](#footnote-7) Shredded CoconutCocoa PowderBaking Cups, large & mini[[8]](#footnote-8) |

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| **Refrigerator** |
| MilkSparkling WaterNut, Hemp, Rice MilkCoconut WaterKombucha (home made)Hard Cider (Finn River)Smoothie[[9]](#footnote-9)Fruit PreservesMaple SyrupLime & Lemon Juice (Santa Cruz)Salad Dressing (homemade)White Truffle OilCanola Oil | Sesame OilPickled peppersHummusPestoTapenadeTahiniFish SauceKetchupMustardsSriracha Chili SauceCoconut AminosOlivesFermented PicklesFermented Carrots[[10]](#footnote-10) | ApplesauceCurry Paste (red & green)ButterEggsSmoked Salmon (Farmers’ Market)Applegate Organic meats: salami, roasted turkey, bacon, chicken sausagesSeeds: chia, sesame, sunflower, hempFresh herbsfresh & roasted veggiesLots of leftovers |

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| **Freezer** |
| Butternut Squash Broccoli (TJ’s organic)ArrowrootHomemade broths (small batches) | Home-frozen fruitVegetable Purees (small batches)Nuts, seeds | Fresh gingerButterMeats Leftovers |

1. Order online at improve-eat.com [↑](#footnote-ref-1)
2. Order online at miraclenoodle.com [↑](#footnote-ref-2)
3. Nuts & seeds can become rancid. Keep refrigerated if keeping for long.

Look for organic, glass containers, BPA-free cans [↑](#footnote-ref-3)
4. Fishing Vessel St. Jude is the only brand I’ve found in a BPA-free can [↑](#footnote-ref-4)
5. Imagine Foods Tetra Pak [↑](#footnote-ref-5)
6. Doctor in the Kitchen [↑](#footnote-ref-6)
7. Dagoba, Enjoy Life [↑](#footnote-ref-7)
8. If You Care (that’s the name of the brand) [↑](#footnote-ref-8)
9. Kale, mint, yellow bell pepper, cucumber, banana, carrot juice, rice milk, coconut water, frozen raspberries, chia seed, hemp seed. Make a big batch and freeze serving-size portions in jars, take out of freezer the night before. [↑](#footnote-ref-9)
10. Firefly Kitchens [↑](#footnote-ref-10)