Grocery Staples

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| **Pantry** | | |
| Kombucha (fermenting)  Rice Milk, Hemp Milk  Coconut Water  Sparkling Water  Coconut Wraps, curry & plain[[1]](#footnote-1)  Shelled nuts\*: macadamia, cashew, hazelnut, pistachio, pecan  Seeds\*: roasted sunflower  Dried Fruit: dates, mango, apricots, figs, prunes, raisins (unsulphured & unsweetened) | Miracle Noodles[[2]](#footnote-2)  Nut & Seed Butters[[3]](#footnote-3): cashew, almond, sunflower  Creamed Coconut  Coconut Milk  Spices & Herbs  Olive Oil  Vinegars: apple cider, sherry, red wine, white wine, balsamic, coconut  Canned Tuna & Salmon[[4]](#footnote-4) | Kelp Noodles  Jerky: salmon, beef  Pickled Veggies, Preserves, Pesto, etc  Applesauce  Tomatoes & Tomato Paste (jars)  Seaweed, dried  Go Raw ‘cookies’  Chicken Broth[[5]](#footnote-5)  Crackers[[6]](#footnote-6)  Onion  Avocado  Winter Squash |

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| **Baking Pantry** | | |
| Coconut Flour  Almond Flour  Mesquite Flour  Hazelnut Meal/Flour  Golden Flax Seed  Gelatin (Great Lakes) | Coconut Manna  Baking Powder, corn-, aluminum-free (Hain Pure Foods)  Sea Salt, fine & coarse  Vanilla Extract  Honey | Coconut Oil  Chocolate Chips[[7]](#footnote-7)  Shredded Coconut  Cocoa Powder  Baking Cups, large & mini[[8]](#footnote-8) |

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| **Refrigerator** | | |
| Milk  Sparkling Water  Nut, Hemp, Rice Milk  Coconut Water  Kombucha (home made)  Hard Cider (Finn River)  Smoothie[[9]](#footnote-9)  Fruit Preserves  Maple Syrup  Lime & Lemon Juice (Santa Cruz)  Salad Dressing (homemade)  White Truffle Oil  Canola Oil | Sesame Oil  Pickled peppers  Hummus  Pesto  Tapenade  Tahini  Fish Sauce  Ketchup  Mustards  Sriracha Chili Sauce  Coconut Aminos  Olives  Fermented Pickles  Fermented Carrots[[10]](#footnote-10) | Applesauce  Curry Paste (red & green)  Butter  Eggs  Smoked Salmon (Farmers’ Market)  Applegate Organic meats: salami, roasted turkey, bacon, chicken sausages  Seeds: chia, sesame, sunflower, hemp  Fresh herbs  fresh & roasted veggies  Lots of leftovers |

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| **Freezer** | | |
| Butternut Squash  Broccoli (TJ’s organic)  Arrowroot  Homemade broths (small batches) | Home-frozen fruit  Vegetable Purees (small batches)  Nuts, seeds | Fresh ginger  Butter  Meats  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)