Pantry Makeover Shopping List

Produce

A rainbow of fresh vegetables and fruits (seasonal, local, and/or organic when possible)

Nuts and Seeds

Almonds

Brazil nuts

Cashews

Flax seeds

Hemp seeds

Pecans

Pumpkin seeds

Sunflower seeds

Sesame seeds

Walnuts

Whole Grains

Amaranth

Barley

Corn (popcorn kernels)

Cous cous

Kasha (toasted buckwheat)

Oats – steel cut, rolled

Quinoa

Rice – brown, wild

Grain Products

Flours – almond, rice, buckwheat

Cornmeal, polenta

Pasta

Legumes

Dried beans – black, garbanzo, Cannellini, kidney, pinto

Lentils – brown, red, French

Oils and Condiments

Extra virgin, cold pressed olive oil

Ghee

Coconut oil

Grapeseed oil

Vinegar – balsamic, red/white/rice wine, apple cider

Tamari

Toasted sesame oil

Raw honey

Maple syrup

Sea Vegetables

Kombu

Wakame

Arame

Sea salt/sea veg shaker

Canned or Bottled Goods

Tomato products – sauce, paste, crushed

Canned beans – garbanzo, black, kidney

Wild salmon and sardines in olive oil

Coconut milk

Non-dairy beverages – almond, hemp, rice

Nut and seed butters

Vegetable broth

Coconut water

Refrigerator Staples

Butter, pastured raised

Sauerkraut, lacto-fermented

Cheese – goat, sheep, parmesean, pecorino

Capers

Mustard

Miso

Dried Herbs and Spices

Basil

Bay leaf

Black pepper

Cardamom pods

Caraway seeds

Cayenne

Chili powder

Cinnamon

Cloves, ground and whole

Coriander, ground and whole

Cumin, ground and whole

Curry powder

Dill

Fennel seed, whole

Garlic powder

Garam masala

Ginger powder

Italian seasoning

Marjoram

Mint

Mustard seeds

Nutmeg

Oregano

Paprika

Red pepper flakes

Rosemary

Saffron

Tarragon

Thyme

Turmeric

Freezer Staples

Berries, organic

Frozen peas

Fruits for smoothies

Other

Sea salt

Vanilla extract

Baking powder

Baking soda