

→ HEALTHY →

PANTRY STAPLES

*All you need to build a healthy meal;
just add fresh produce!*



- WHOLE GRAINS LIKE BROWN RICE, OATS, AND BARLEY
- QUINOA
- WHOLE-WHEAT PASTA
- DRIED AND BPA-FREE CANNED LEGUMES LIKE BEANS, LENTILS, AND PEAS
- WATER-PACKED TUNA
- BPA-FREE CANNED OR BOXED TOMATOES (NO SALT OR PRESERVATIVES)
- VINEGAR (APPLE CIDER, BALSAMIC, ETC.)
- EXTRA VIRGIN OLIVE OIL
- VEGETABLE OIL
- BAKING STAPLES: WHOLE-WHEAT FLOUR, BAKING POWDER, BAKING SODA
- SEA SALT, PEPPER, DRIED SPICES
- POLENTA
- LOW-SODIUM CHICKEN OR VEGETABLE STOCK/BROTH
- HONEY
- ONIONS, SHALLOTS, GARLIC, GINGER
- LOW-SODIUM SOY SAUCE OR BRAGG'S AMINO ACIDS
- NUTS
- NUT BUTTER