



HEALTHFUL PANTRY SHOPPING LIST FOR NUTRITIOUS EATING IN-A-PINCH (gluten-free, dairy-free)

When you have nutritious foods on hand, you are much more likely to grab them in a pinch instead of sugary bars and processed foods like chips. Take this list with you to the grocery store to stock up on nutrient-dense, real foods that your body will thank you for.

Canned goods

- Variety of canned beans: lentils, garbanzo, adzuki, cannellini, etc.
- Artichokes in water
- Olives in brine
- Sun dried tomatoes
- Canned wild salmon
- Wakame or nori seaweed

Flavors & Seasonings

- Apple cider vinegar
- Red wine vinegar
- Rice wine vinegar
- Ume Plum vinegar
- Balsamic vinegar
- Hot sauce
- Mustard – Dijon, stone ground, honey, spicy
- Tahini
- Organic ketchup
- Cold pressed extra virgin olive oil (for salads and dressings)

- Avocado oil and coconut oil (for high heat cooking)
- Tamari or gluten free soy sauce OR
- Coconut Aminos (if you can't have soy)
- Toasted sesame oil
- Onions
- Garlic
- Raw honey
- Coconut palm sugar
- Maple syrup
- Sea salt
- Pepper
- Organic Chicken or Vegetable Broth
- Dried herbs and spices: paprika, chili powder, bay leaves, ginger, turmeric, thyme, oregano, cumin, coriander, curry, crushed red pepper, sesame seeds, gomasio, dulce, etc.

Pantry

- Brown rice
- Wild rice
- Quinoa
- Quinoa, chickpea, or brown rice pasta (Dellalo or Tinkyada brown rice pastas and Banza chickpea are good brands)
- Buckwheat
- Millet
- Nut butters: almond butter, sunflower butter
- High quality, gluten-free crackers like Mary's Gone Crackers
- Oatmeal (Gluten-free oats ensure no cross-contamination if gluten-sensitive)
- Organic tortilla chips (Corn if you can eat it, or bean or rice-based tortilla chips)
- Coconut or brown rice tortillas
- 70% or higher dark chocolate bars

Refrigerator

- Nuts: walnuts, hazelnuts, cashews, almonds, pistachios, macademia, pine, and Brazil nuts, etc.
- Seeds: sunflower, pumpkin, flax, sesame, chia, hemp, etc.

- Lemons and limes
- Lettuce
- Carrots
- Cucumber
- Celery
- Jicama
- Radishes
- Zucchini
- Delicata Squash
- Fennel
- Beets
- Endive
- Sprouts
- Leafy greens: arugula, spinach, chard, mixed field greens, kale etc.
- Herbs: Basil, cilantro, parsley, dill, etc.
- Avocado
- Fresh or frozen peas
- Guacamole
- Hummus
- Olives
- Organic miso paste
- Free range, organic eggs (hard-boil in advance for salads)
- Organic roasted chicken
- Organic sliced turkey
- Coconut Date Rolls

Remember the magic formula when eating meals: protein + fiber + fat = balanced blood sugar and the key to you staying full for longer