



## STOCKING YOUR PANTRY

Once you've started eating healthy and delicious foods, you won't want to stop! Here's a quick guide on how to stock your pantry so you'll be able to keep eating foods that you love and that love your body back long after you finish the detox.

Keep in mind that this resource is to be used after you complete your detox as some of the items here aren't detox compliant.

### CANNED GOODS

- Jars of tomatoes, tomato sauce and tomato paste
- Variety of canned beans
- Dried lentils, black beans and other legumes
- Canned chilies and chipotle in adobo
- Artichokes in water
- Olives
- Sun dried tomatoes
- Canned chunk light or albacore tuna
- Canned wild salmon
- Wakame seaweed
- Broth

### FLAVORS & SEASONINGS

- Apple cider vinegar
- Red wine vinegar
- Ume plum vinegar
- Rice wine vinegar
- Fish sauce
- Hot sauce
- Mustard – Dijon, stone ground, honey, spicy
- Organic ketchup
- Cold pressed extra virgin olive oil (for salads and dressings)
- Refined sunflower, safflower or sesame oil (for high heat cooking)
- Toasted sesame oil
- Onions
- Garlic
- Raw honey
- Sugar in the raw or similar
- Sea salt
- Pepper
- 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
- Basmati rice
- Quinoa
- Quinoa or brown rice pasta
- Cornmeal
- Oatmeal
- Organic tortilla chips
- High quality, gluten-free crackers like Mary's Gone Crackers

## **REFRIGERATOR**

- Lemons and limes
- Lettuce
- Carrots
- Leafy greens
- Avocado
- Assorted mustards
- Organic ketchup
- Organic mayonnaise
- Organic Miso paste
- Free range, organic eggs
- Raw walnuts, hazelnuts, almonds
- Sprouted corn tortillas
- Salsa
- Seeds: sunflower, pumpkin, flax

## **FREEZER**

- Assorted organic berries
- Broccoli
- Butternut squash or sweet potatoes
- Peas
- Organic spinach
- Free range meats
- Wild caught cold-water sustainable fish

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