

PANTRY "MUST HAVES"

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Vinegars: Balsamic, rice, red wine
apple cider, champagne

Wine: red & white

Fresh garlic

Black pepper corns/peppermill

Sea salt, Kosher salt

Condensed skimmed milk

Chicken or vegetable broth

Sun-dried tomatoes

Jalapeno peppers (fresh or can)

Fresh ginger

Dried fruit: raisins, apricots,
cranberries

Salsa

Artichoke hearts (can)

Red pepper flakes

Dijon mustard

Low-sodium teriyaki

Braggs Aminos

Capers

Olives: green & black (jar)

Lemons & limes (juice)

Bread crumbs (plain)

Roasted red peppers (jar)

Chicken sausage (freezer)

Tuna (chunk light)

Sardines

Anchovies

Caviar

Alaskan Salmon (canned)

Beans (canned):

black, red, white

Legumes:

lentils (dried)

chick peas (canned)

Oils: olive for salads & sautéing

peanut for frying

grapeseed for salad

sesame

coconut oil

Tomatoes:

whole (plum)

diced

crushed

Whole grains:

brown rice (basmati), millet, quinoa, buckwheat,
wheatberries, kamut; oatmeal

Bread:

Ezekiel sprouted grain bread, multi-grain w/no added
sugar

Fresh Veggies: carrots, celery, onions, parsley

Frozen Veggies:

peas, spinach, broccoli florets ; green beans

Nuts & Seeds:

almonds (whole & slivered), pignoli (pine), walnuts,
pumpkin seeds

Powdered spices:

garlic, cumin, rosemary, thyme, oregano, paprika,
cinnamon, curry, nutmeg, ginger, white pepper