

MY PANTRY STAPLES

Grains:

- Brown Rice
- Oats GF
- Quinoa

Flours:

- Buckwheat
- Spelt
- Coconut

Healthy Oils:

- Macadamia Oil
- Extra Virgin Olive Oil
- Coconut Oil
- Organic Butter

Nuts & Seeds:

- Almonds
- Walnuts
- Cashews
- Pistachios
- Brazil Nuts
- Pepitas (Pumpkin Seeds)
- Sunflower Seeds
- Sesame Seeds
- Chia Seeds
- Flaxseeds
- Coconut Flakes
- Dessicated Coconut
- Almond Meal

Legumes & Beans:

- Chickpeas
- Lentils
- Black Beans

Spices:

- Turmeric
- Ginger
- Cinnamon
- Smoked Paprika
- Cumin
- Fennel
- Cayenne Pepper
- Sea Salt
- Black Pepper

Sweeteners:

- Raw honey
- Pure maple syrup
- Rapadura Sugar
- Medjool Dates

Vinegars, Condiments:

- Apple Cider Vinegar
- Tamari
- Unhulled Tahini
- Nut Butter

Other:

- Almond Milk
- Coconut Milk
- Coconut Cream
- Cacao
- Maca

Beverages:

- Green Tea
- Dandelion Tea
- Peppermint, Chamomile & lots more ☺
- Turmeric Latte Mix
- Matcha