



Healthy Pantry Staples



Grains & Pasta

- Brown rice
- Rolled oats
- Quinoa
- Whole wheat pasta
- Barley
- Millet
- Bulgur
- Couscous

Beans & Legumes - (dried or canned)

- Black beans
- Pinto beans
- Kidney beans
- Chickpeas (garbanzo beans)
- Lentils (green, red, or brown)
- Cannellini beans
- Navy beans
- Great Northern beans

Canned Goods

- Diced tomatoes
- Tomato paste
- Tomato sauce
- Coconut milk
- Pumpkin puree
- Low-sodium vegetable broth
- Low-sodium chicken broth

Other Items

- _____
- _____
- _____
- _____
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Baking & Cooking Staples

- Whole wheat flour
- Almond flour
- Baking powder
- Baking soda
- Cocoa powder (unsweetened)
- Honey
- Maple syrup
- Olive oil
- Avocado oil
- Apple cider vinegar
- Balsamic vinegar
- Soy sauce or tamari

Nuts & Seeds

- Almonds
- Walnuts
- Pecans
- Sunflower seeds
- Pumpkin seeds
- Chia seeds
- Flaxseed (whole or ground)
- Peanut butter (no added sugar/oil)
- Almond butter

Dried Fruits

- Raisins
- Cranberries (unsweetened if possible)
- Dates
- Figs
- Apricots

Spices & Seasonings

- Sea salt
- Black pepper
- Garlic powder
- Onion powder
- Paprika
- Chili powder
- Cumin
- Italian seasoning
- Cinnamon
- Nutmeg