

Healthy Pantry Staples

SHOPPING LIST

GRAINS

Basmati Rice
Sushi Rice
Brown Rice
Black Rice
Wild Rice
Barley
Buckwheat
Farro
Red Quinoa
White Quinoa
Black Quinoa
Freekah
Spelt
Semolina Pasta
Wholemeal Pasta
Rolled Oats
Steel Cut Oats

OIL & VINEGARS

Extra Virgin Olive Oil
Vegetable Oil
Coconut Oil
Sesame Oil
Balsamic Vinegar
White Wine Vinegar
Red Wine Vinegar
Verjuice
Apple Cider Vinegar
Sherry Vinegar

LEGUMES

Lentils
Chickpeas
Black Beans
Split Peas
Cannellini Beans
Kidney Beans

FLOURS & NATURAL SWEETENERS

Self Raising Flour
Plain Flour
Wholemeal Flour
Almond Meal
Oat Flour
Cocoa Powder
Baking Soda
Baking Powder
Honey
Brown Rice Syrup
Maple Syrup
Coconut Palm Sugar
Shredded Coconut
Medjool Dates
Dried Cranberries
Raisins

CANNED

Crushed Tomatoes
Diced Tomatoes
Tomato Sauce
Tomato Paste
Coconut Milk

CONDIMENTS

Dijon Mustard
Light Soy Sauce
Dark Soy Sauce
Mayonaise
Worcestershire Sauce

NUT BUTTERS

Almond Butter
Natural Peanut Butter
Hazelnut Butter
Cashew Butter
Tahini

NUTS & SEEDS

Walnuts
Almonds
Cashews
Hazelnuts
Pecans
Macadamias
Peanuts
Pistachios
Pumpkins Seeds
Sesame Seeds
Chia Seeds
Sunflower Seeds
Flax Seeds

SPICES & DRIED HERBS

Sea Salt
Black Pepper Corns
White Pepper Corns
Oregano
Parsley
Thyme
Rosemary
Basil
Turmeric
Cumin
Cardamon
Chilli Flakes
Fennel Seeds
Cayenne Pepper
Cinnamon
Nutmeg
Paprika Sweet
Paprika Smoked
Saffron
Sage
Tarragon