



# CLEAN OUT YOUR PANTRY PLANNING PACKET

*CREATE A SPACE THAT SUPPORTS YOUR WELLNESS*

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# PANTRY CHECKLIST

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Spend a week, or two, cleaning out, redesigning, and filling your pantry with great stuff... Here are some things you could do to make that happen. (*Worksheets on following pages.*)

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- Take inventory of pantry.**
  - Fill out the ditch list.**
  - Clean the bottom of the shelf so there are no crumbs or dust.**
  - Go through the pantry and take out anything you wish was not in there. Get it out of the house or put it in a place you will use it.**
  - Design your pantry.**
  - Make a list of the things you use each week that don't go bad, yet you are always buying (almond milk for me!).**
  - Buy pantry items online once for the month.**
  - Buy containers and move food from distracting boxes to clear containers that makes all food more equal.**
  - Journal about what you would love to bring in your kitchen.**
  - Journal about what you like an dislike about shopping. Get clear on what has to change.**
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# PANTRY LIST

## Super foods

- Raw Cacao
- Hemp Seeds
- Chia Seeds
- Flaxseed Meal
- Dandy Blend
- \_\_\_\_\_
- \_\_\_\_\_

## Nuts and Seeds

- Almonds
- Brazil Nuts
- Cashews
- Pecans
- Walnuts
- Macadamia Nuts
- Sesame Seeds
- Sunflower Seeds
- Pumpkin Seeds
- Almond Butter
- Sunflower Butter
- \_\_\_\_\_
- \_\_\_\_\_

## Dried Fruit

- Dates
- Raisins
- Dried Blueberries
- Dried Cranberries
- Dried Figs
- Dried Prunes
- Dried Mango
- Coconut Flakes

## Sea Veggies

- Kelp Noodles
- Dulse Flakes
- Arame
- Sushi Nori
- Snack Nori

## Beans and Lentils

- Black Beans
- Red Beans
- French Lentils
- Yellow Lentils
- Green Lentils
- Garbanzo Beans
- Pinto Beans
- Local Heirloom Beans

## Grains and Seeds

- Quinoa
- Brown Rice
- Millet
- Amaranth
- Buckwheat Groats
- Oats

## Oil and Vinegar

- Olive Oil
- Coconut Oil
- Apple Cider Vinegar
- Brown Rice Vinegar
- Red Wine Vinegar
- Balsamic Vinegar
- Tamari
- Mirin

## Natural Sweeteners

- Maple Syrup
- Brown Rice Syrup
- Coconut Nectar
- Coconut Palm Sugar
- Date Sugar
- Local Raw Honey
- Raw Agave
- Grain Sweetened Chocolate Chips

## Gluten-free Flours and Baking Needs

- Brown Rice Flour
- Quinoa Flour
- Oat Flour
- Almond Flour
- Hazelnut Flour
- Buckwheat Flour
- Cornmeal
- Millet Flour
- Amaranth Flour
- Potato Flour
- All-Purpose GF Mix
- Baking Soda
- Baking Powder

## Seasonings

- Himalayan Sea Salt
- Herbamare
- Cumin
- Herbs de Provence
- Chipotle Pepper
- Ancho Chili Pepper
- Basil
- Thyme
- Dill
- Cinnamon
- Nutmeg

## Tea

- Black Tea
- Chai Tea
- Green Tea
- Breathe Easy
- Chamomile
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Other Useful Items

- Almond Milk
- Rice Milk
- Coconut Milk
- Vegetable Broth
- Gluten-free Granola
- Organic Canned Beans
- Mary's Gone Crackers
- Sweet Potato Chips
- Brown Rice Cakes
- Brown Rice Crackers
- Gluten-free Pasta
- Asian Rice Noodles
- Brown Rice Wrappers
- GF Bread (check for milk and eggs on labels)
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Veggies with Shelf Life

- Onion
- Garlic
- Potatoes
- Pickles
- Artichoke Hearts
- Canned Tomato
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

PLANSIMPLE  
*Meals*



# PANTRY INVENTORY

SHELF NAME

LIST WHAT'S ON THE SHELF

SHELF NAME

LIST WHAT'S ON THE SHELF

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# DESIGN YOUR PANTRY

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**HOW MANY SHELVES DO YOU HAVE?  
DO YOU NEED MORE? OR PERHAPS LESS?  
LIST OR DRAW WHERE THEY ARE IN YOUR  
KITCHEN. NAME THEM.**

**WHAT CATEGORIES OF GOODS DO YOU WANT TO  
PUT WHERE?**

1

2

3

4

5

6

7

**HERE ARE MY CATEGORIES...**

SUPERFOODS: Top shelf Main Pantry

FLOURS AND BAKING: Second Shelf Main Pantry

BEANS AND GRAINS: Third Shelf Main Pantry

SNACKS: Bottom Shelf Main Pantry

OILS AND VINEGARS: Second Shelf Near Stove

SPICES: : First Shelf Near Stove

CANS, JARS, AND BOXES: Lazy Susan

# DESIGN YOUR PANTRY

WHAT GOES WHERE? WHAT FOODS DO YOU WANT IN EACH CATEGORY OF YOUR CABINETS?  
WHEN YOU ARE DONE WITH THIS STEP, GO BACK AND FIGURE OUT WHERE YOU WILL BUY IT.

SHELF NAME

LIST WHAT'S ON THE SHELF

WHAT

WHERE TO BUY

SHELF NAME

LIST WHAT'S ON THE SHELF

WHAT

WHERE TO BUY

# DESIGN YOUR PANTRY

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# DESIGN YOUR PANTRY

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**OR DO IT VISUALLY....** *JUST SKETCH IT OUT ROUGHLY AS A BLUEPRINT.*

# MIA'S PANTRY

## SHELF 1: Superfoods

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Cocoa Powder	Cashews
Cocoa Nibs	Walnuts
Maca	Sunflower Seeds
Hemp	Almonds
Goji Berries or Powder	Hazelnuts
Juice Plus	Sea Veggies
	Chia Seeds

## SHELF 2: Flours + Baking

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Chocolate Chips	Brown Rice Flour
Coconut Sugar	Almond Flour
Baking Soda	Coconut Flour
Honey	Quinoa Flour
Quick Oats	Cornmeal
Vanilla	Hazelnut Flour

## SHELF 3: Beans and Grains

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Green Lentils	Quinoa
Pinto Beans	Brown Rice
Black Beans	White Rice
Garbanzo Beans	Millet Ramen
Navy Beans	GF Pasta
Yellow Lentils	Oats

## SHELF 4: Snacks

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Rice Crackers	Dates
Seedy Crackers	Dried Mangoes
Tamari Almonds	Raisins
Pistachios	Trail Mix
Granola	
Complete Bars	
Pure Bars	

## SHELF 5: Spices

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Cumin	Cinnamon
Herbs de Provence	Cloves
Oregano	Dill
Thyme	Pink Sea Salt
Basil	Seitenbacher
Paprika	Vegetable Broth
Ancho Chili	

## SHELF 6: Cooking

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Olive Oil	Mirin
Coconut Oil	Cider Vinegar
Avocado Oil	Balsamic Vinegar
Coconut Oil	Rice Vinegar
Sesame Oil	Tamari
Coconut Aminos	

## SHELF 7: Cans, Jars, Bottles and Boxes

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Canned Tomatoes	Almond Milk
Hearts of Palm	Rice Milk
Tuna	Canned White Beans
Sardines	Canned Garbanzos
Apple Sauce	Veggie Broth
Almond Putter	Jam
Sun butter	