

PANTRY LIST

GLUTEN-FREE
PLANT-CENTERED
HEALTH-FOCUSED
KID-APPROVED

Raw 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 Seed 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

- 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 (GF) 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

Seasoning

- 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
- _____
- _____
- _____

Veggies with Shelf Life

- Onion
- Garlic
- Potatoes
- Pickles
- Artichoke Hearts
- _____
- _____
- _____