

Essential Whole Foods Pantry Items

Once you have made the commitment to change your eating habits the next step is preparation. Having a well stocked pantry makes cooking a quicker and more pleasurable experience. This list primarily includes non-perishables items that are used frequently when making anything from breakfast foods to stews. Once you get in the swing of cooking new recipes that you enjoy you will see which items you use most. You can add more as you experiment. Farmer's markets, bulk sections of health food stores, and ethnic markets are great places to shop at a cheaper price than your local grocery store (though do keep an eye out for sales). You might have to make a special trip once a month but it will be worth it to have a well-stocked pantry.

Herbs & Spices (fresh /dried)

Basil
 Bay leaf
 Black pepper
 Cinnamon
 Garlic powder
 Ginger powder
 Italian seasoning
 Mint
 Mustard
 Nutmeg
 Rosemary
 Sea salt
 Vanilla extract

Nuts & Seeds

Almonds
 Cashews
 Pecans
 Walnuts
 Pumpkin seeds
 Sunflower seeds
 Sesame seeds

Dried Fruits

Raisins
 Dried cranberries
 Dried apricots

Grains & Legumes

Oats – Steel cut, rolled
 Brown rice
 Wild rice
 Popcorn
 Lentils – brown & pink
 Dried beans

Grain Products

Whole wheat flour
 Whole Wheat noodles
 Whole wheat tortilla
 Couscous

Oils & Condiments

Your favorite vinegar
 Extra virgin olive oil
 Honey
 Maple Syrup
 Raw sugar (Turbinado)
 Safflower or Sunflower oil
 Soy sauce or Tamari (wheat free soy sauce)

Fresh Produce

Garlic
 Hot peppers
 Limes / lemons
 Onions

Salad greens
 Seasonal fruits & vegetables

Canned & Bottled Goods

Tomato sauce
 Stewed tomatoes
 Tomato paste
 Canned beans – chick peas, black beans, white beans
 Salmon
 Nut butters– peanut butter, almond butter
 Vegetable broth – organic (re-closable aseptically sealed boxes are nice)
 Milks – Almond, Hemp, Oat, Rice, Soy (boxes can be on shelf until opened)

Refrigerator Staples

Butter NOT margarine

Frozen foods

Your favorite vegetables
 Mixed vegetables
 Whole grain breads
 Fruits – berries, bananas, peaches, pineapple