

## Pantry Essentials

These are the essentials that Tammie likes to have on hand in her pantry or in the refrigerator. If I have these ingredients I can create just about anything.

Cooking from scratch is a whole lot easier, quicker and less stressful when you've got a well-stocked pantry. Stock up and eat well!

### Benefits of a Well-Stocked Pantry

- You're more likely to cook meals at home.
- You'll save money
- Create meals quickly and easily
- You're ready for anything from a natural disaster to recipe inspiration from Pinterest.

### Tips for Getting Stocked

- Choose the ingredients you love to use.
- Begin slowly- add one or two items to your weekly grocery list.
- Buy the things you use a lot in bulk, you generally save money that way.
- When you're trying a new ingredient buy a small amount until you know you like it.
- Use the space you have. You may need to reorganize to incorporate more room for storage.
- Use the right containers to keep your food fresh. Glass containers keep food the freshest.
- Don't forget to label your containers, include the date that you filled it too.

### Pantry Essentials

While everyone's party is unique based on your personal food preferences, we've created this list to help you to get started on stocking your pantry.

#### Grains

- Brown Rice
- Buckwheat
- Glute-free Oats
- Millet
- Quinoa

**Storage Tips:** If buying grains in bulk, store some in the pantry in a glass jar and the rest in the fridge or freezer. Grains contain oils and this saves them from becoming rancid.

#### Beans & Legumes

- Canned and dried beans:
  - Black
  - Cannellini
  - Garbanzo
  - Kidney
  - Navy
  - Pinto
- Dried legumes:
  - Lentils
  - Mung beans

**Storage Tips:** Beans and legumes keep well when stored in airtight containers. If your beans are taking longer to cook than normal, they are probably stale.

### Nuts & Seeds

- Almonds
- Cashews
- Chia seeds
- Flax seeds
- Hemp hearts
- Pecans
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds
- Walnuts

**Storage Tips:** We like to store nuts and seeds in the fridge to keep them from going rancid. If you eat them daily you can store a small jar in the pantry. Bulk amounts can also be stored in the freezer.

### Flours



- Almond flour
- Arrowroot flour/powder
- Brown rice flour
- Buckwheat flour
- Coconut flour
- Millet flour

**Storage Tips:** Many of these flours can be ground with a coffee grinder at the time you need them (brown rice, buckwheat, millet, and even oat and quinoa flour). Store in an airtight glass jar. Keep bulk amounts in the fridge or freezer and store for 2-3 months.

### Fats & Oils

- Avocado oil
- Coconut oil
- Ghee
- Olive oil
- Sesame oil

**Storage Tips:** Store oils in dark glass containers away from heat and light.

### Canned or Jarred Goods

- Applesauce, unsweetened
- Coconut milk
- Fish (salmon & sardines)
- Pumpkin
- Tomatoes (diced, paste, sauce)
- Nut butter

**Tips:** When buying canned items choose cans that are BPA-free

### Miscellaneous Items



- Apple Cider Vinegar, raw
- Baking Powder
- Baking Soda
- Balsamic Vinegar
- Beef Broth
- Braggs Liquid Aminos
- Chicken Broth
- Cacao powder
- Coconut aminos
- Coconut sugar
- Coconut-shredded
- Dried fruit, unsweetened and unsulfured (cranberries, dates, raisins, etc.)
- Gluten free pasta
- Honey, raw
- Molasses
- Maple syrup
- Rice noodles
- Rice paper wraps
- Rice vinegar
- Sucanat, unrefined cane sugar
- Sea salt

### **Herbs and Spices**

See a complete list and storage tips on Tammie's [Essential Spice List](#)