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# Stocking Your Kitchen

## Fun Flavours and Healthy Fats Jazz Up Your Cooking!

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**A fully stocked kitchen is the easiest way to ensure you will always be able to whip up a healthy meal. When starting out, purchase items on an as-need basis to stay on budget! Prioritize nutrient-dense pantry items.**

### HIGH PRIORITY ITEMS

AVOCADO OIL	- light saute, salad dressings, mayo
BAKING POWDER	- corn-starch and gluten-free
BAKING SODA	- for baking and cleaning!
BUTTER	- organic cow or goat (if tolerated) - ghee
CANNED TOMATOES	- organic, BPA-free can (if possible)
COCONUT OIL	- baking, frying at high heat, roasting
HONEY	- raw or unpasteurized
MAPLE SYRUP	- real, does not contain corn syrup
MUSTARD	- multiple varieties - dijon, grainy
OLIVE OIL, EXTRA VIRGIN	- light saute, salad dressings
PEPPERCORNS	- grind fresh at home
SEA SALT	- himilayan pink, celtic - sea salt blends such as Herbamare, or Lumiere de Sel
SPICES & HERBS	- basil, bay leaves, chili, cinnamon, cumin, oregano, thyme - purchase other spices as needed
VINEGARS	- apple cider (unpasteurized, raw) - balsamic, white wine, red wine



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## MEDIUM PRIORITY ITEMS

ALMOND FLOUR	- blanched
COCONUT FLOUR	- cannot be used 1 for 1 with normal flour
HOT SAUCE	- sugar and preservative free - organic when possible
NUTRITIONAL YEAST	- great substitute for parmesan on casseroles, zucchini noodles and pesto
NUTS, SEEDS, BUTTERS	- almonds, cashews, brazil nuts - pumpkin, sunflower, flax, chia seeds - almond butter, sunflower seed butter, tahini, coconut (or make your own)
RAW CACAO or COCOA POWDER	- great for baking, smoothies and lattes
SESAME OIL	- store in fridge
TAMARI SAUCE or COCONUT SEASONING	- tamari contains fermented soy
TOMATO PASTE	- organic, BPA-free can (if possible)
TOMATO SAUCE	- organic
VANILLA EXTRACT	- sugar-free, organic when possible

## LOW PRIORITY ITEMS

ARROWROOT FLOUR	- refined, but great for grain-free baking
BAKER'S CHOCOLATE	- 100% cocoa (soy, sugar, milk free)
COCONUT SUGAR	- good alternative to brown sugar
CURRY PASTE	- preferred brand: Aroy D - variety of flavours (red, green, yellow)
FISH SAUCE	- preservative free
GELATIN	- grass-fed or organic - preferred brands: Great Lakes
LARD or TALLOW	- <u>must</u> be grass-fed or pastured
PEPPERMINT EXTRACT	- sugar-free, organic when possible
SRIRACHA	- preservative free

