



## BASIC PANTRY GUIDE

The best easy recipes start with some basic ingredients. Keep your pantry stocked up so you can put together a quick meal at a moment's notice. As always, check labels and stay away from added sugar, gluten, soy, and chemical preservatives. For preserved items, choose BPA-free cans or glass containers when possible. For seafood, choose those packed in olive oil or water.

### PRESERVED MEATS & SEAFOOD

- Beef jerky (recipe for homemade)
- Anchovies (whole & paste)
- Smoked oysters
- Salmon (wild is best)
- Sardines
- Tuna

### CANNED VEGGIES

- Diced green chilis
- Fire-roasted tomatoes
- Pumpkin puree
- Sweet potato puree
- Tomato paste
- Tomato sauce
- Whole tomatoes

### FATS & OILS

- Coconut flakes, unsweetened
- Coconut milk, full-fat
- Ghee ([recipe for homemade](#))
- Nut butters
- Nuts (macadamia, almonds, Brazil, etc)
- Olives
- Oils (olive, coconut, avocado)
- Seeds (chia, sunflower, pumpkin, etc)

### FOR BAKING

- Almond flour
- Arrowroot powder / tapioca starch
- Baking powder (aluminum free)
- Baking soda
- Cacao
- Coconut flour
- Honey, raw
- Maple syrup
- Vanilla beans or extract

### CONDIMENTS

- Coconut aminos
- Fish sauce ([Red Boat](#) is Paleo-friendly)
- Hot sauce
- Mustard
- Vinegar (balsamic, apple cider, etc.)\*

### BEVERAGES

- Coconut water
- Coffee
- Tea (black, green, herbal)

(continued...)



## MISCELLANEOUS

Chicken broth or beef stock (read labels)

Collagen or gelatin, grass-fed

Dark chocolate, 85% and up

Dates

Dried figs

Dried herbs (see Herbs & Spices Guide)

Dried shiitake mushrooms

Nori (seaweed sheets)

Sea salt

Spices (see Herbs & Spices Guide)

Sun-dried tomatoes

\*avoid malt vinegar which may contain  
gluten

