

Stocking Your Pantry

When your pantry is filled with high-quality foods, it's easy to throw together a quick, healthy meal. Here are some items I recommend having on hand that appear regularly in my recipes:

Dry grains-look for whole, gluten free grains, like:
Brown Rice
Quinoa
Buckwheat

Dry beans
Brown, Red and Yellow Lentils (I love having lots of lentils around because they require no soaking and cook quickly)

Other dry goods
Unsalted raw nuts and seeds, like walnuts, almonds, and sunflower and pumpkin seeds
Sea vegetables: Kombu, Arame and Nori (loaded with minerals!)
Dried mushrooms (for making a quick gravy or sauce)

Condiments
Extra virgin olive oil
Spray oils (without chemicals) are very convenient
Unrefined coconut oil
Flaxseed oil (refrigerated)
Miso Paste (great for adding a salty flavor to food)
Kelp flakes (sea vegetable flakes you can sprinkle on your food)
Apple cider vinegar
Unsalted nut butter: almond, cashew, or peanut butter - raw is best
Tahini (sesame seed paste for making spreads and salad dressings)



Canned goods and convenience items
Low sodium, vegetable broth or boullion cubes
Boxes of unsweetened hemp, rice, or almond milk
Canned tomatoes
Canned beans
Canned Coconut milk

Herbs and spices
High-quality sea salt and whole pepper
Spice blends (like curry, garam masala, Chinese 5 spice, Italian) are a great way to add a complex taste quickly
Other dried herbs and spices