

# Clean Eating Pantry Essentials

## BEANS & LEGUMES

- CHICKPEAS
- BLACK BEANS
- KIDNEY BEANS
- PINTO BEANS
- RED AND GREEN LENTILS
- FROZEN PEAS

## FRUITS & VEGGIES

- BANANAS
- APPLES
- AVOCADOS
- TOMATOES
- LEMONS AND LIMES
- SWEET POTATOES
- ONIONS
- ZUCCHINI
- BROCCOLI
- BELL PEPPERS
- MUSHROOMS
- SALAD GREENS
- DARK LEAFY GREENS

## BAKING

- COCONUT SUGAR
- DATE SUGAR
- BROWN RICE SYRUP
- MAPLE SYRUP
- RAW AGAVE NECTAR
- ALMOND MEAL
- BUCKWHEATC
- HICKPEA FLOUR
- QUINOA FLOUR
- 1:1 GF FLOUR BLEND
- VANILLA EXTRACT
- SHREDDED COCONUT
- BAKING SODA AND POWDER

## GRAINS & PASTA

- BROWN AND WHITE RICE
- WILD RICE
- QUINOA
- OLD FASHIONED OATS
- QUINOA PASTA
- RICE NOODLES

## NUTS, SEEDS, AND SUPERFOODS

- ALMONDS
- HAZELNUTS
- PEANUTS
- CASHEWS
- PECANS
- MACADAMIA NUTS
- MEDJOOOL DATES
- WALNUTS
- SUNFLOWER SEEDS
- FLAX SEEDS
- CHIA SEEDS
- PUMPKIN SEEDS
- NUTRITIONAL YEAST
- CACAO NIBS
- CACAO POWDER
- GOJI BERRIES
- MATCHA POWDER
- CHIA SEEDS

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## CANNED GOODS

- COCONUT MILK
- TOMATOES - CRUSHED, DICED, PASTE
- MARINARA SAUCE
- JACKFRUIT
- CURRY PASTE
- VEGETABLE BROTH
- ARTICHOKE HEARTS
- PICKLES
- SAUERKRAUT
- BLACK OLIVES
- APPLESAUCE

## OILS & VINEGARS

- COCONUT OIL
- AVOCADO OIL
- EXTRA VIRGIN OLIVE OIL
- SESAME OIL
- PEANUT OIL
- FLAXSEED OIL
- APPLE CIDER VINEGAR
- BALSAMIC VINEGAR
- WHITE WINE VINEGAR
- RED WINE VINEGAR
- RICE VINEGAR

## SPICES

- ALLSPICE
- BASIL
- BAY LEAVES
- CARDAMOM
- CAYENNE
- CHILI POWDER
- CINNAMON
- CLOVES
- CORIANDER
- CUMIN
- CURRY POWDER
- GARLIC POWDER
- GINGER
- NUTMEG
- ONION POWDER
- OREGANO
- PAPRIKA
- BLACK PEPPERCORNS
- RED PEPPER FLAKES
- ROSEMARY
- SAGE
- COARSE SEA SALT
- THYME
- TURMERIC

## REFRIGERATED ESSENTIALS

- TEMPEH
- TOFU
- NON-DAIRY MILK (SOY, ALMOND, CASHEW, COCONUT)
- SALSA
- HUMMUS
- MISO
- SOY SAUCE
- HOISIN SAUCE
- VEGAN WORCHESTIRE SAUCE
- CONDIMENTS (HOT SAUCE, MUSTARD, KETCHUP)