

EAT TO LIVE PANTRY SHOPPING LIST

RAW NUTS & SEEDS

raw, unsalted cashews
raw, unsalted almonds
raw, unsalted walnuts
raw, unsalted pumpkin seeds
raw, unsalted sunflower seeds
raw, unsalted chia seeds
raw, unsalted hemp seeds
raw, ground flax seeds
raw sesame seeds

NUT & SEED BUTTERS

raw almond butter
raw cashew butter
tahini (only sesame seeds)
sunflower seed butter

DRIED FRUIT

unsulfured Thompson raisins
unsulfured dried fruits
dates

WHOLE GRAINS

oatmeal
brown rice
quinoa
quinoa / brown rice / bean pasta

BEANS

dried split peas
dried red / green lentils
canned / dried black beans
canned / dried red beans
canned / dried pinto beans
canned / dried northern beans
canned / dried black eyed peas
black bean pasta
garbanzo bean pasta
lentil bean pasta

SPICES

non-fortified nutritional yeast
no-salt seasoning
garlic powder
cinnamon
dried dill weed
dried basil
dried thyme
ground ginger
cumin
coriander
curry powder / turmeric
dried chives
Cayenne, paprika, chili flakes

MISC. CANNED / JARRED GOODS

no salt diced tomatoes
lite coconut milk
Dijon mustard
jarred roasted red peppers
no salt added marinara sauce

LIQUIDS

low sodium vegetable broth
liquid aminos or coconut aminos
coconut water
white vinegar
balsamic vinegar
rice vinegar
wine vinegar (white or red)
apple cider vinegar

OTHER
