

PANTRY LIST

**Non-Perishable (or Semi-Perishable) items to keep on hand*

PROTEINS

Tinned Fish, *Water-Packed*
Tinned Beans
Protein Powder
Frozen Burgers - *e.g. Chicken, Lean Beef*
Lean Meats, *Frozen*
Cheeses
Eggs/Egg Whites

CARBOHYDRATES

Rice - *Basmati, Wild, White, Brown*
Pasta
Quinoa
Quick Oats
Bread

FRUITS & VEGGIES

Bananas
Berries, *Frozen*

Onions
Garlic
Potatoes & Sweet Potatoes
Squash - *e.g. Acorn, Butternut, Spaghetti*

Peas/Corn, *Tinned or Frozen*
Tinned Tomatoes

COOKING INGREDIENTS

Oils - *Olive, Coconut*
Vinegars - *e.g. Balsamic, White, Red Wine*
Sauces/Condiments - *e.g. Hot Sauce, Ketchup, Mayo, Mustard, Salsa*
Soy Sauce
Salt & Pepper
Tomato Paste
Herbs & Spices - *e.g. Cumin, Basil, Oregano, Paprika, Chili, Cinnamon*
Cocoa Powder
Sweetener - *e.g. Stevia, Honey, Maple Syrup*

"OTHER"

Nut Butters - *e.g. Almond, Peanut, Cashew*
Powdered Peanut Butter - *PB2 or Just Great Stuff*
Alternative Milks - *e.g. Almond, Coconut, Hemp*
Cream and/or Coconut Cream
Popcorn - *Light or Kernal & use Air Popper :*