

# Pantry Staples

Food to keep stock of in your pantry

## Essentials

- Colourful array of vegetables & fruits
- High quality proteins: animal meat & fish
- Milk: nut, cows, goat, sheep
- Yoghurt: plain greek yoghurt, coconut, sheep. No added sugar. Full fat
- Butter
- Cheese: goat, sheep, cow & cashew
- Free range &/or organic eggs
- Frozen vegetables & fruit
- Bone broth

# Oils

- Animal fats: lard, tallow & poultry fat
- Avocado oil
- Coconut oil
- Ghee
- Macadamia oil
- Flax seed oil, cold pressed
- Olive oil, cold pressed extra virgin only (please avoid light oils).
- Infuse your own oils with lemon, herbs, garlic or chilli

## Please avoid these oils

Vegetable oils

Sunflower oil

Rice bran oil

Soya bean oil

Canola oil

Safflower oil

Corn oil

Grapeseed oil

# Vinegars

- Apple Cider Vinegar
- Balsamic vinegar (in moderation due to the sugar content)
- Red wine vinegar
- Rice wine vinegar
- White wine vinegar
- Raspberry vinegar

# Herbs & Spices

Bay leaves  
Cardamom, ground  
Cardamom pods  
Cayenne powder  
Cinnamon, ground  
Cinnamon quills  
Chilli flakes  
Coriander seed, ground  
Cumin, ground  
Cumin seeds  
Curry powder  
Fennel seeds  
Garam masala  
Ginger, ground  
Mexican spice  
Mustard powder  
Mustard seeds  
Oregano  
Paprika, smoked  
Paprika, sweet  
Peppercorns  
Rosemary  
Salt: Himalayan or  
Celtic sea salt  
Tarragon  
Turmeric  
Vanilla beans,  
vanilla powder,  
vanilla bean  
paste or real  
vanilla essence

# Flours, Grains & Meals

- Almond meal
- Arrowroot powder (AKA starch)
- Brown rice
- Buckwheat: kernels & flour
- Coconut flour
- Corn flour
- Oats (rolled)
- Quinoa: grain, flour & rolled.
- Rice flour
- Spelt flour: white & whole meal

Keep white and gluten free pasta to an absolute minimum. Use buckwheat instead.

# Legumes

- Cannellini beans: dried &/ or canned
- Chickpeas: dried &/or canned
- Lentil (brown): canned &/ or dried
- Lentils: puy (AKA French lentils)
- Lentils: red
- Red kidney beans: dried &/or canned

# Dried Fruit

- Apricots
- Craisins
- Currants, sultanas or raisins
- Dates
- Gogi berries
- avoid additives and preservatives

# Nuts & Seeds

- Almonds: whole, slivered or flaked
- Cashew nuts
- Chia seeds
- Hazelnuts
- Macadamia nuts
- peanuts
- Pepitas also called pumpkin seeds
- Pine nuts
- Sesame seeds
- Sunflower seeds
- Walnuts

# Milk

- Coconut water
- Coconut milk
- Coconut cream
- Nut milk

# Sweeteners

- Honey: raw & unprocessed
- Maple syrup (not maple 'flavoured' syrup)
- Rapadura or coconut sugar
- Brown rice syrup or rice malt syrup.
- Stevia



# Condiments

- Fish sauce
- Horseradish cream
- Tahini hulled
- Tamari
- Mustard

## Other

- Cacao powder
- Cacao nibs
- Coconut: desiccated, shredded, flaked
- Nori (sushi paper)
- Tomatoes: canned whole or diced organic
- Tomato purée or sugo or pasata
- Tuna

LOVE



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