

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

Oils to avoid at all costs

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