

## Pantry Staples for Healthy Eating Checklist

- High quality, nutritious oils.** Canola oil (great for high heat cooking), olive oil (great for salad dressings and flavor) and coconut oil (nutritious and good for medium heat cooking). Buy oil that says “expeller pressed”.
- Healthy dairy options or substitutions.** I use calcium fortified almond milk, cans of coconut milk, and “ice cream” made from any of these.
- Freezer items like fruits and veggies.** Try spinach, bananas, blueberries and peas to start.
- I have tons of salt-free spice blends.** They don't have to be bland to be good. I tend to use lots of Indian spices such as curry, coriander, cumin. Also cinnamon, pepper (freshly ground), garlic and onion powder, etc.
- Extracts;** I love them. They are a secret weapon in my recipes, especially for smoothies. I always keep on hand: vanilla, peppermint, coconut, lemon, orange and coffee. .
- Healthy pasta choices.** For instance: brown rice pasta and rice noodles.
- Sauces.** Get started with Asian flavors by stocking up on fish sauce, hot sauce (sriracha, cholula, tabasco), low sodium soy sauce, Bragg's liquid aminos, oyster sauce, hoisin sauce and/or toasted sesame oil, salsa and sauerkraut as a topping for veggies or potatoes.
- Along the same lines as sauces, I often use **vinegars.** Stock up on distilled white (great for a million other household things, too), rice, apple cider and red wine vinegars.
- Beans** Chickpeas, lentils, great northern, pinto, kidney beans, etc in my kitchen!
- Low fat canned soups.** Think minestrone, vegetable barley and tomato soup.
- Garlic and ginger.** They add massive amounts of amazing flavor to so many dishes.
- Whole wheat flour, and flour substitutes** such as almond meal or chickpea flour. Great for baking or binding recipes together.
- Baking powder and baking soda.** These are great to have on hand for baking in a pinch or many other uses.
- Yeast.** Great to have on hand in case you want to make your own healthy bread at home.
- Corn starch.** A must in my kitchen used for thickening sauces and helping marinades stick to shrimp.
- Natural sweeteners** in place of refined white sugar. Honey (raw, local and organic) and agave nectar.
- Dried fruits** are always in my kitchen. I keep dried dates on hand and use them every day for sweetness in my smoothies. Raisins, cranberries and blueberries are great in salads too.
- Nuts and seeds.** Raw cashew, sunflower, pine nuts, walnuts, almonds, etc
- Nut butters.** Almond, peanut, sunflower, etc
- Healthy snacks.** Think fresh fruits and veggies on the counter easy to access, raw nuts, roasted chickpeas.
- Coconut milk and curry pastes and powders.** Great to have on hand for an impromptu, super healthy vegetable (and lean protein, if desired) curry dish.
- Frozen lean meats** like chicken or shrimp, frozen.
- Salad toppings** to be used sparingly, like dressings and croutons.
- Keep **corn tortillas**, whole wheat tortillas and whole wheat pitas in the freezer.
- Other condiments** such as mustard, vegan mayonnaise, pesto, ketchup, etc.