

Eat to Live Nutritarian Beginner Pantry Staples

- ❑ **Healthy non-dairy milk options or substitutions.** I use calcium and vitamin D fortified almond milk, cans of coconut milk, “ice cream” made from any of these or bananas.
- ❑ **Freezer items like fruits and veggies.** Try spinach, bananas, blueberries and peas to start.
- ❑ **No-salt spice mixes and other spices.** I have tons of salt-free spice blends, and generally love Mrs. Dash varieties the best. They don’t have to be bland to be good. I also 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** (if you’re not affected too badly by food addiction). Personally though, I don’t really keep them in my house often. For instance: rice noodles and pasta made from beans like soybeans, edamame, or chickpeas. You can find these in health food stores nowadays.
- ❑ **Sauces.** Low sodium salsa (around 80-100 mg per serving if available), low sodium soy sauce, Bragg’s liquid aminos, and a little bit of sauerkraut goes a long way. Also, vinegars. Stock up on distilled white (great for a million other household things, too), rice, apple cider and red wine vinegars, or other more gourmet flavors like pomegranate, or cherry, etc. I also love to use things like tomato sauce, hummus, nut butter and lemon juice (and nutritional yeast) to create different mixes for dressings and sauces.
- ❑ **Beans.** Chickpeas, lentils, great northern, pinto, kidney beans, etc in my kitchen! Make sure (very important) to get low- or no-sodium versions.
- ❑ **Low fat, low- or no-salt canned soups.** Think minestrone, vegetable barley and tomato soup. Hard to find though, so be choosy about labels. Amy’s brand usually has some options.
- ❑ **Garlic and ginger.** They add massive amounts of amazing flavor to so many dishes.
- ❑ **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.
- ❑ **Whole-foods sweeteners** like dried fruits. I keep dried dates, raisins and dried currant on hand for oatmeal and salads.
- ❑ **Nuts and seeds.** Raw cashew, sunflower, pine nuts, pistachios, walnuts, almonds, etc
- ❑ **Nut butters.** Almond, peanut, cashew, sunflower, etc
- ❑ **Bread options:** whole wheat tortillas and whole wheat pitas in the freezer, etc, if you don’t suffer too much from food addiction.
- ❑ **Other condiments** such as mustard, oil-free pesto, ketchup, etc. Great for a little added flavor here and there.