

PANTRY STAPLES SHOPPING LIST

DRY GOODS

Dry lentils (red and green)
Dry beans (chickpeas, black beans, pinto beans)
Dry pasta (spaghetti, penne, etc.)
Rice (white and brown)
Quinoa
Raw cacao powder
Hemp hearts
Chia seeds
Ground flax seeds
Flour (oat, coconut, almond, whole wheat)
Tapioca or arrowroot starch (optional)
Sugar (I prefer coconut sugar)
Oats (rolled oats, quick-cooking oats, steel cut oats)
Dried fruit (raisins, cranberries, etc.)
Shredded unsweetened coconut
Raw nuts (cashews, almonds, walnuts, pecans, etc.)
Raw seeds (sunflower, pumpkin, etc.)

OTHER ESSENTIALS

Coffee or Tea
Dark Chocolate and/or Chocolate Chips
Maple syrup
Honey
Condiments (mustard, ketchup, BBQ)
Vinegar (apple cider, balsamic, red wine, etc.)
Olive oil
Coconut oil
Non-dairy milk (if you don't make your own)
Taco shells or tortilla chips (we like Siete brand)
Crackers (I like Mary's Gone Crackers)
Eggs (optional)
Cheese (optional)

CANNED GOODS

Canned beans (chickpeas, black beans, kidney)
Canned pumpkin
Canned coconut milk
Canned tomatoes (diced, crushed, etc.)
Tomato Paste
Canned jackfruit

DRIED SPICES

Garlic powder	Oregano
Onion powder	Red pepper flakes
Ginger	Curry powder
Cinnamon	Nutritional Yeast (optional)
Nutmeg	Salt & Pepper
Cumin	Baking soda
Chili powder	Baking powder
Cayenne pepper	Vanilla extract
Basil	Cream of tartar (optional)

JARRED GOODS

Nut butters (Almond, peanut, cashew, etc.)
Seed butters (Tahini, sunflower, etc.)
Prepared Salsa
Marinara Sauce
Roasted red peppers
Sun-dried tomatoes

FROZEN ITEMS

Fruit (strawberries, mango, blueberries, cherries)
Frozen veggies (spinach, kale, broccoli, cauliflower, peas, carrots, and stir-fry blends)
Frozen pizza (we like the Cauliflower pizza)
Frozen chicken breasts
Frozen bread (many gluten-free breads are sold in the freezer section; I like Ezekiel brand)

DETOXINISTA

EASY • HEALTHY • DELICIOUS