

Pantry List

Nuts

Almonds
Cashews Raw
Walnuts
Macadamia
Pecans
Pine Nuts

Seeds

Flax seed
Buckwheat
Sunflower Seeds
Sesame Seeds
Pepitas
Chia

Dried Fruit

Raisins
Figs
Dates
Coconut
Apricots
Cranberries
Sultanas

Legumes

Chickpeas
Lentils
Alfalfa
Mung

Superfoods

Cacao Powder
Cacao Nibs
Goji Berries
Maca Powder
Carob Powder
Bee Pollen
Camu Camu
Lucuma

Sweeteners

Raw Honey
Agave Nectar
Maple Syrup
Vanilla Bean Pods
Vanilla Essence
Stevia drops

Oils

Coconut Oil
Hemp Oil
Olive Oil
Tahini

Dried Herbs

Cinnamon
Nutmeg
Turmeric
Cayenne Pepper
Black pepper
Coriander
Cumin
Mustard
Oregano
Thyme
Mexican seasoning

Condiments

Apple Cider Vinegar Raw
Nama Shoyu
Himalayan Sea Salt
Olives
Sun Dried Tomatoes

Seaweed

Dulse
Nori sheets
Wakame
Arame

Fresh Herbs

Basil
Cilantro (coriander)
Parsley
Mint
Garlic
Ginger

Vegetables

Lettuce
Kale
Spinach
Green leaves
Avocado
Celery
Carrots
Cucumber
Zucchini
Beetroot
Red Capsicum
Mushrooms
Beans
Snow Peas
Tomatoes
Onion
Shallots
Cabbage

Fruit

Lemons
Oranges
Mandarin
Pears
Apples
Limes
Thai Coconut
Banana
Blueberries
Watermelon
Rockmelon
Grapes
Kiwi fruit
Paw Paw
Pineapple

