

broccyourbody's

Pantry Staples & Spices

GRAINS

- Pasta
- Rice (White & Brown)
- Right Substitute: RightRice or Banza Rice
- Quinoa
- Orzo
- Rolled Oats
- Couscous
- Bread Crumbs

NUTS & SEEDS

- Cashews
- Almonds
- Walnuts
- Pecans
- Pistachios
- Pine Nuts
- Sunflower Seeds
- Chia Seeds
- Hemp Seeds
- Flax Seeds

LEGUMES

- Chickpeas
- Black Beans
- Refried Black Beans
- Lentils
- White Beans

FLOUR/BAKING

- Baking mixes
- Gluten Free Baking Flour
- Almond Flour
- Coconut Flour
- Tapioca Flour
- Baking soda
- Baking powder
- Vanilla extract
- Chocolate chips
- Honey
- Maple Syrup

CANNED GOODS

- Pasta Sauce
- Chicken, Beef & Veggie Broth
- Coconut Milk
- Canned soups
- Canned chili
- Canned diced tomatoes
- Canned whole tomatoes
- Canned diced green chilies
- Sundried tomatoes
- Canned corn
- Tomato paste
- Canned tuna
- Shelf stable nut milk

OIL & VINEGAR

- Avocado oil
- Olive oil
- Sesame oil
- Coconut oil
- Ghee
- Apple cider vinegar
- Balsamic vinegar
- Red wine vinegar
- Rice vinegar

DRESSINGS, MARINADES & CONDIMENTS

- Primal Kitchen Whole30 Dressings
- Jelly, jam or preserves
- Ketchup
- Mayonnaise
- Mustard
- Enchilada sauce
- Hot sauce: Crystal, Sriracha or sambal
- Calabrian chili peppers
- BBQ Sauce
- Worcestershire sauce
- Soy sauce or tamari
- Asian fish sauce

SNACKS

- Crackers
- Cookies
- Chocolate bars
- Chips
- Salsa
- Pretzels
- Popcorn kernels
- Protein Bars
- Dried fruit
- Peanut butter or almond butter
- Cereal/Granola
- Beef Jerky

SPICES

- Kosher Salt
- Pepper
- Garlic powder
- Onion Salt
- Bay leaves
- Cayenne pepper
- Chile powder
- Crushed red pepper
- Curry powder
- Ground cinnamon
- Ground coriander
- Ground turmeric
- Curry powder
- Nutmeg
- Cumin
- Ground ginger
- Oregano
- Paprika
- Taco seasoning
- Truffle salt
- Sesame seeds