

PANTRY SHOPPING LIST

PRINT & TAKE WITH YOU!



STAPLES

- ☐ ORGANIC BROTHS
- ☐ CANNED COCONUT MILK
- ☐ VINEGARS
(raw apple cider best)
- ☐ SEA SALT

REFRIGERATED STAPLES

- ☐ LEMONS AND LIMES
- ☐ UNPASTEURIZED SAUERKRAUT
- ☐ LACTO-FERMENTED VEGETABLES
- ☐ PASTURED EGGS
- ☐ HORSERADISH
- ☐ MISO



HERBS & SPICES

- ☐ PARSLEY
- ☐ SAGE
- ☐ ROSEMARY
- ☐ THYME
- ☐ OREGANO
- ☐ PAPRIKA
- ☐ BASIL
- ☐ FENNEL SEED
- ☐ CUMIN
- ☐ CINNAMON
- ☐ CURRY POWDER
- ☐ TURMERIC
- ☐ TARRAGON
- ☐ GINGER
- ☐ CILANTRO
- ☐ and more!



NUTS & SEEDS

- ☐ ALMONDS
- ☐ WALNUTS
- ☐ PECANS
- ☐ MACADAMIA NUTS
- ☐ PINE NUTS
- ☐ SESAME SEEDS
- ☐ SUNFLOWER SEEDS
- ☐ FLAX SEEDS
- ☐ PUMPKIN SEEDS
- ☐ COCONUT FLAKES
- ☐ COCONUT FLOUR



FATS & OILS

- ☐ UNREFINED VIRGIN COCONUT OIL
- ☐ BUTTER
- ☐ TALLOW
- ☐ LARD
- ☐ OLIVE OIL
- ☐ NUT OILS (not peanut)
- ☐ SESAME OIL



ODDS & ENDS

- ☐ MUSTARD
- ☐ OLIVES
- ☐ DEHYDRATED SEAWEED
- ☐ DARK CHOCOLATE AND COCOA
- ☐ DRIED FRUITS (unsweetened)
- ☐ WINE
- ☐ TOMATO PASTE
- ☐ COFFEE
- ☐ TEA
- ☐ CANNED FISH
(sardines and anchovies best)