

HEALTHY PANTRY GUIDE

DRY GOODS EDITION

WHOLE GRAINS

- QUINOA
- LONG GRAIN WHITE RICE
- ROLLED OATS
- WHOLE WHEAT PASTA
- PANKO (BREAD CRUMBS)
- POLENTA

LEGUMES/ BEANS

- GREEN LENTILS
- GARBANZO BEANS
- BLACK BEANS
- CANNELLINI BEANS
- KIDNEY BEANS

CANNED GOODS

- DICED TOMATOES
- TOMATO PASTE
- CHIPOTLE PEPPERS IN ADOBO SAUCE
- ARTICHOKE HEARTS

NUTS, SEEDS & SPREADS

- WALNUTS
- CASHEWS
- SLICED ALMONDS
- FLAX MEAL
- NATURAL PEANUT BUTTER
- TAHINI

CONDIMENTS

- SALSA
- SOY SAUCE
- WORCESTER-SHIRE SAUCE
- FISH SAUCE
- DIJON MUSTARD
- HOT SAUCE
- OLIVES
- SUNDRIED TOMATOES
- FRUIT PRESERVES

OILS & VINEGARS

- EXTRA VIRGIN OLIVE OIL
- SESAME OIL
- GRAPESEED OIL
- RICE VINEGAR
- APPLE CIDER VINEGAR
- BALSAMIC VINEGAR
- RED WINE VINEGAR
- WHITE WINE VINEGAR
- VEGETABLE BOUILLON
- PAN SPRAY

BAKING SUPPLIES

- GRANULATED SUGAR
- BROWN SUGAR
- BAKING POWDER
- BAKING SODA
- ACTIVE DRY YEAST
- VANILLA EXTRACT

FLOURS

- WHOLE WHEAT PASTRY FLOUR
- WHITE WHOLE WHEAT FLOUR
- ALL PURPOSE FLOUR

NATURAL SWEETENERS

- MAPLE SYRUP
- HONEY
- DRIED FRUIT

SEASONINGS

- KOSHER SALT
- MALDON SEA SALT
- BLACK PEPPER
- CRUSHED RED PEPPER
- CAYENNE
- CHILI POWDER
- GARLIC POWDER
- ONION POWDER
- CUMIN
- OREGANO
- THYME
- CURRY POWDER
- GROUND CINNAMON
- GROUND NUTMEG
- GROUND GINGER
- GROUND CLOVES
- ALLSPICE

GET COOKING!

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