

20 Items to Keep Stocked *in your pantry*

1. *Beans and Lentils* dried, canned or pouches. (FIBER + PROTEIN = YAY!)
2. *Tuna and Sardines* canned (PROTEIN AND HEALTHY FAT)
3. *Nuts and Seeds/Butters* (PROTEIN AND HEALTHY FAT)
4. *Chicken* canned (PROTEIN)
5. *Old Fashioned Oats* (COMPLEX CARB)
6. *Flour (Whole Wheat, Almond, Coconut)* (CARB OR FAT+CARB)
7. *Whole Grain Rice + Pastas* dried or pouches (COMPLEX CARB)
8. *Whole Wheat or Sprouted Bread* - can be stashed in fridge or freezer to last longer (COMPLEX CARB)
9. *Winter Squash* - acorn, butternut, spaghetti squash
10. *Tomatoes + Tomato Sauces* canned (VEG)
11. *Green Beans*, canned (VEG)
12. *Artichoke Hearts*, canned or jarred (VEG)
13. *Sauces* (Pesto, Simmer Sauces, Dressings)
14. *Spice Blends* (Italian, Mexican, Everything Bagel, Indian, Etc)
15. *Condiments* (Mayo, Dijon Mustard, Ketchup)
16. *Broth* - chicken, veggie, or beef.
17. *Non-Dairy Milk* shelf-stable containers (will need refrigeration after opening)
18. *Olive, Avocado, Coconut Oil* (FAT)
19. *Vinegars* apple cider, red-wine, white-wine, etc
20. *Lemon + Lime Juice bottled*- can add a big flavor boost or go into homemade marinades and sauces. They will need refrigeration after opening.