## Pantry Staples Shopping List



Almonds Sea Salt Coconut Cream Walnuts Black Pepper Coconut Oil Co	NUTS & SEEDS	HERBS & SPICES	TINS, JARS & BOTTLES
Hazelnuts Smoked Paprika Olive Oil Brazil Nuts Cumin / Coriander Sesame Oil Pumpkin Seeds Chilli Tahini Sunflower Seeds Turmeric Miso Sesame Seeds Cinnamon Tamari Chia / Hemp Seeds Ginger Apple Cider Vinegar Balsamic / Red Wine Vinegar Wholegrain / Dijon Mustard Wholegrain / Dijon Mustard LEGUMES Lentils BakkING  Oats Cannelini Beans Quinoa / Millet / Sorghum Black Beans Wholemeal Spelt Flour Kidney Beans Chickpea Flour Brown Rice Flour FRIDGE BITS  Olive Oil Sesame Oil Tahini Miso Tamari Apple Cider Vinegar Wholegrain / Dijon Mustard Liquid Smoke  BAKING Cacao Powder / Nibs Carob Powder Dates Apricots / Figs / Raisins			Plant-Based Milk (soy/oat/rice) Coconut Cream
GRAINS & FLOURS  Chickpeas  Liquid Smoke  Lentils  Oats  Quinoa / Millet / Sorghum  Black Beans  Wholemeal Spelt Flour  Chickpea Flour  Brown Rice Flour  FRIDGE BITS  Liquid Smoke  Liquid Smoke  Liquid Smoke  Cacao Powder  Dates  Apricots / Figs / Raisins	Hazelnuts Brazil Nuts Pumpkin Seeds Sunflower Seeds Sesame Seeds Chia / Hemp Seeds	Smoked Paprika  Cumin / Coriander  Chilli  Turmeric  Cinnamon  Ginger	Olive Oil Sesame Oil Tahini Miso Tamari Apple Cider Vinegar
Oats  Cannelini Beans  Quinoa / Millet / Sorghum  Black Beans  Wholemeal Spelt Flour  Chickpea Flour  Brown Rice Flour  FRIDGE BITS  BAKING  Cacao Powder / Nibs  Carob Powder  Dates  Apricots / Figs / Raisins	GRAINS & FLOURS		
Quinoa / Millet / Sorghum  Black Beans  Carob Powder / Nibs  Carob Powder  Carob Powder  Dates  Apricots / Figs / Raisins			BAKING
Brown Rice Flour  FRIDGE BITS  Apricots / Figs / Raisins	Quinoa / Millet / Sorghum Wholemeal Spelt Flour		Carob Powder
	Brown Rice Flour	_	Apricots / Figs / Raisins  Brown Rice / Coconut Nectar
Buckwheat Flour Vegan Cheese Coconut Sugar Tapioca Flour Coconut Yogurt Nut Butters Pulse / Wholemeal Pasta Tempeh / Tofu Dried Coconut	Tapioca Flour	Coconut Yogurt	Nut Butters

## FRUIT & VEGGIES

I try to use local in-season fruit and vege as much as possible. They're not only higher in nutrients, they're lower in carbon miles, and cheaper too. This will also encourage you to break out of your lettuce-tomato-cucumber salad fold (it did for me). Outside of local seasonal produce, I always have garlic, onions, ginger, lemons, limes, bananas, and fresh herbs on hand.

## **BULK FOODS**

I recommend buying your non-perishable pantry goodies in bulk. It works out cheaper, means less shopping trips for you, and is much better for the environment (less packaging). Find a local bulk foods store where you can refill your own jars = ideal.

