

WORKSHEET #9

Pantry Staples

Kitchanatomy - 10 Step Kitchen Detox

It is great to come up with your own list of pantry staples. Here is a master list to work from.

Spices:

- Allspice
- Basil
- Bay Leaves
- Cardamom
- Cayenne
- Cinnamon
- Cloves
- Cumin
- Garlic Powder
- Garlic Salt
- Ginger
- Nutmeg
- Nutritional Yeast
- Onion Powder
- Oregano
- Paprika
- Pepper (Black)
- Red Pepper Flakes
- Rosemary
- Sage
- Sea Salt
- Thyme
- Turmeric
- Vanilla Extract
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Fresh Herbs

- Basil
- Parsley
- Mint
- Thyme
- Chives
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Sweeteners:

- Black Strap Molasses
- Coconut Sugar
- Dates
- Figs
- Maple Syrup
- Raw Honey
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Beans & Legumes:

- Black Beans
- Pinto Beans
- Chickpeas
- Lentils
- Adzuki Beans
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Grains:

- Brown Rice
- Quinoa
- Oats
- Organic Whole Wheat Flour
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Nuts & Seeds:

- Raw Almonds
- Raw Cashews
- Pecans
- Walnuts
- Sunflower
- Flax Seeds
- Chia Seeds
- Hemp Seeds
- Pepitas
- Sesame Seeds
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Oils & Vinegars

- Cold Pressed Coconut Oil
- Extra Virgin Olive Oil
- Avocado Oil
- Apple Cider Vinegar
- White Wine Vinegar
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Produce:

- Onions
- Garlic
- Ginger
- Cruciferous Vegetables
- Assorted Fruits In Season
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Condiments & Fridge Staples:

- Whole Grain Mustard
- Coconut Aminos
- Nut Milks
- Tahini
- Homemade Broth
- Coconut Water
- Pasture Eggs
- Grass Fed Butter
- Ghee
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Freezer:

- Berries
- Cut up Bananas
- Wild Caught Fish
- Pasture Chicken
- Grass Fed Beef
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Baking:

- Almond Meal
- Almond Flour
- Coconut Flour
- Arrowroot
- Gluten Free Flour
- Baking Soda
- Aluminum Free Baking Powder
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