**Pantry Staples: **

Apple cider vinegar

Black beans: dried and organic

Canned full-fat coconut milk (organic if available)

Coconut oil

Honey

Lentils

Medjool dates

Natural nut butters (without sugars or additional oils added)

Nuts: unsalted and unsweetened (buying from the bulk bins is great because you can get smaller amounts of a larger variety of nuts if you are making granola)

Olive oil

Quinoa: organic

Organic tea

White beans: dried and organic

**Fruit and Veggie Staples: Spice Cabinet: For the Fridge and Freezer**

Apples Basil Almond or Coconut milk

Avocados Chili Pepper Berries (frozen organic)

Bananas Cinnamon Butter or Ghee (grass fed)

Bell peppers Cumin Eggs (Organic and cage free)

Carrots Curry Grass fed meats

Cauliflower Ginger Organic poultry

Celery Oregano Wild caught seafood

Cucumber Paprika

Garlic Parsley

Greens (Kale, spinach, arugula, etc.) Rosemary

Lemons and limes Saffron

Mushrooms Sage

Onions Tarragon

Zucchini Turmeric