



Healthy  
Kitchen  
Staples

# BAKING:

## Flour

All purpose flour (gluten free if needed) or whole wheat flour, coconut flour and chickpea flour are my favourites to keep on hand.

## Sugars

I keep pure maple syrup, raw local honey and coconut sugar on hand.

## Oatmeal

I buy old fashioned oats which can also be ground into oat flour. Steel cut oats are great too.

## Baking Powder/Baking Soda

Must haves for baking! I look for aluminum free.

## Cocoa or Cacao Powder

For all your chocolate needs! Cacao powder is a more pure, raw form of cocoa but if it seems too expensive cocoa will do the trick. Try to buy fair trade!

## Nut Butter + Nuts

So many things you can do with nut butters! If you always buy peanut butter, give almond or cashew butter a try! I also always keep nuts on hands, especially almonds and cashews. Almonds are great for making almond milk and almond flour. Cashews can be used in cooking and baking too.

## Oil

I keep coconut oil and EVOO on hand. I also like avocado oil. Coconut oil is great for baking while EVOO is great for making dressings.

## **PANTRY:**

### Beans/Legumes

Canned or dry, beans are inexpensive and can be used in so many different ways! I love black, chickpeas and white beans. In the Winter I'll also do kidney beans for chili. Don't forget lentils!

### Whole Grains

Millet, quinoa, brown rice etc These are great for creating a high fiber meal that will keep you satisfied. Buy them in bulk to save money.

### Pasta

Gluten free or not, pasta has a long shelf life so it's great to have on hand. It can be used in so many ways!

### Dried Herbs/Spices

Basil, oregano, Italian seasoning, onion powder, garlic powder, chili powder, cumin, red pepper, cinnamon, nutmeg etc

### Vinegar

Apple cider vinegar is my go to. Adding something acidic really brings out the flavours in dishes!

### Tortillas

Homemade or store bought but look for non gmo. You can freeze them so that they last longer. Use for wraps, burritos, chips etc

### Onions/Garlic

Used in SO many recipes and have a lot of health benefits. Store these in a cool, dark place.

## Potatoes/Sweet Potatoes/Yams

From ashbrowns to fries to desserts- these can be used many ways and can help create a filling meal.

## Bananas

I always have bananas on hand! I freeze half for smoothies.

The rest I'll eat plain or on oatmeal, bake with them etc They're high in nutrients whether still a bit green or turning brown.

## Canned Coconut Milk

Great for creating curries, coconut whip, homemade vegan ice cream, smoothies and more. Another great item to have on hand because it won't expire.

## Chia seeds

Great source of fiber and omega-3's! Add them to smoothies, make chia pudding, sprinkle on oatmeal or in your water etc

## Avocados

Such a great source of healthy fats!

## **FRIDGE/FREEZER:**

### Frozen Veggies

I love frozen broccoli, Brussel sprouts, peas etc They're often inexpensive to buy frozen and will last longer than fresh. This way you know you ALWAYS have veggies on hand!

### Tofu

SO inexpensive and can be used in many different ways. I generally buy extra firm and always organic. It can also be frozen.

### Seasonal Produce

Buying in season is great for you and the environment. You can always stock up and freeze or can extras!

### Berries

I always like to have berries on hand since they are low in sugar and high in antioxidants.

### Dates

A favourite sweetener of mine! Great for making homemade energy balls.

### Non Dairy Milk

Hemp, coconut, almond, soy, macadamia... whatever you like! Non dairy milks are a great healthy alternative to dairy milk. I buy unsweetened.

### Fermented Food/Drinks

Great for balance the bacteria in your gut. I love sauerkraut, kimchi, kombucha etc