



Healthy Pantry List and Shelf Stable Fruits, Veggies, & Proteins

Pantry Staples:

- Coffee / Tea
- Oils - avocado, olive, and coconut
- Vinegar - apple cider and balsamic are my go-tos
- Mustards
- Tomato Paste
- Dried Spices - garlic powder, oregano, basil, chili powder or even spice blends
- Maple Syrup / Honey
- Coconut Milk
- Coconut Aminos or Low Sodium Soy Sauce
- Nut Butters (Peanut, almond, cashew, etc.)
- Broth
- Oats
- Brown rice
- Quinoa
- Whole grain or GF Pasta
- Chia seeds
- Other Seeds and nuts (we love pumpkin seeds and almonds)
- Dried Beans - lentils, chickpeas
- Whole grain or gluten-free cereal
- Whole grain or gluten-free bread to freeze
- Whole grain or gluten-free crackers
- Tortillas - corn and/or flour
- Cocoa Powder
- Shelf stable non-dairy milk

Fresh Veggies with longer shelf life:

- Spaghetti squash
- Butternut squash
- Onions
- Garlic
- Potatoes | Sweet Potatoes
- Cabbage
- Kale
- Turnips
- Carrots
- Celery
- Ginger root (to freeze)
- Bell pepper (to slice and freeze)

- Apples
- Bananas (to slice and freeze)
- Grapefruit

Canned/Jarred:

- Canned veggies - green beans, beets, and corn are our favorites
- Canned Beans - we love black beans and chickpeas
- Diced tomatoes and Rotel
- Tomato puree and crushed tomato for making sauce
- Jarred tomato sauce
- Salsa and salsa verde
- Jarred artichokes
- Roasted peppers
- Applesauce
- Canned fruit- we like pineapple and Mandarin oranges
- Canned salmon, chicken, and tuna

Frozen:

- Spinach, broccoli, green beans , corn
- Cauliflower Rice
- Butternut Squash
- Frozen fruit - we love tropical mixes and frozen berries
- Edamame
- Frozen fish/seafood- salmon, white fish and shrimp are our favorites

Proteins:

- Lean cuts of meat - chicken, beef, pork for your freezer
- Whole chicken for your freezer (great for making stock)
- Eggs
- Protein bars
- Protein powder
- **Hard, especially aged cheeses, while not exactly a protein, can provide protein and can last for months!