



— MONTH 1 —

*Pantry List*

**REAL FOOD FOR REAL PEOPLE**



# PANTRY LIST

## VEGETABLES

- Arugula
- Carrot
- Celery, stalk
- Cherry Tomatoes
- Cucumber
- Kale
- Mixed Greens
- Onion
- Portobello  
Mushrooms
- Red Bell Pepper
- Red Cabbage
- Red Onion
- Romaine Lettuce
- Scallion
- Spinach
- Sweet Potato
- Tomato
- Zucchini

## FRUIT

- Apple
- Avocado
- Banana
- Berries
- Lemon
- Lime
- Raspberries

## LIQUIDS

- Nondairy Milk
- Organic Coconut  
Milk

## SEEDS & NUTS

- Almonds
- Chia Seeds
- Hemp Seeds
- Pumpkin Seeds

## HERBS & SPICES

- Basil
- Black Pepper
- Cayenne Powder
- Chili Powder
- Cilantro
- Cinnamon
- Cumin
- Garlic Cloves
- Garlic Powder
- Ginger, dried
- Onion Powder
- Sea Salt
- Smoked Paprika
- Turmeric

## DAIRY

- Eggs

## MISCELLANEOUS

- Baking Powder
- Black Beans
- Brown Lentils, dried
- Brown Rice
- Brown Rice Tortilla
- Chickpeas – 6 cans
- Chocolate Protein  
Powder
- Chopped Tomato  
– 2 cans
- Coconut Oil
- Extra Virgin Olive  
Oil
- Gluten Free Rolled  
Oats
- Quinoa
- Raisins
- Raw Cacao  
Powder
- Tomato Salsa – ½  
cup
- Tahini
- Vanilla Protein  
Powder
- Vegan  
Mayonnaise