

A COMPLETE GUIDE
TO EVERYTHING
IN MY PANTRY
INCLUDING BRANDS

FOOD BABE *kitchen*

PANTRY LIST

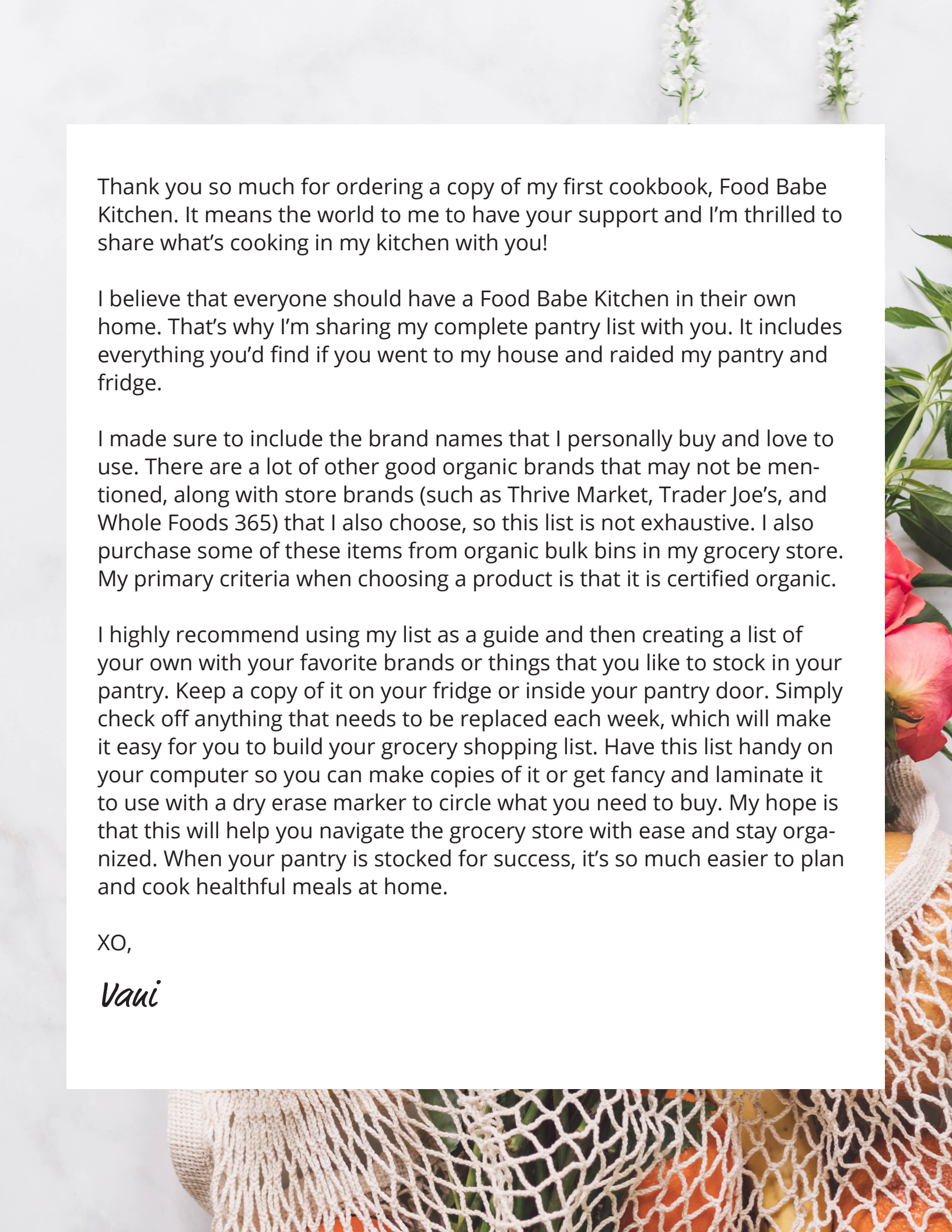
FOODBABE.COM/RESOURCES

Copyright © 2020 by Vani Hari

All Rights Reserved. No part of this guide may be reproduced or redistributed in any form or by any electronic or mechanical means, including information storage and retrieval systems, without permission in writing from the publisher.

Published in the United States by:
Food Babe, LLC, P.O. Box 31521, Charlotte NC 28231
USA
foodbabe.com

Disclaimer: Before starting any new diet and exercise program please check with your doctor and clear any exercise and/or diet changes with them. I am not a registered dietitian. The information presented herein is not presented with the intention of diagnosing or treating any disease or condition. This information is for educational purposes only. No responsibility is assumed by the author nor anyone connected with this website for the use of this information and no guarantees of any kind are made for the performance or effectiveness of the recommendations provided. The publisher shall not be held responsible for loss or damage of any nature suffered as a result of reliance on any of this guide's contents or any errors or omissions herein.



Thank you so much for ordering a copy of my first cookbook, Food Babe Kitchen. It means the world to me to have your support and I'm thrilled to share what's cooking in my kitchen with you!

I believe that everyone should have a Food Babe Kitchen in their own home. That's why I'm sharing my complete pantry list with you. It includes everything you'd find if you went to my house and raided my pantry and fridge.

I made sure to include the brand names that I personally buy and love to use. There are a lot of other good organic brands that may not be mentioned, along with store brands (such as Thrive Market, Trader Joe's, and Whole Foods 365) that I also choose, so this list is not exhaustive. I also purchase some of these items from organic bulk bins in my grocery store. My primary criteria when choosing a product is that it is certified organic.

I highly recommend using my list as a guide and then creating a list of your own with your favorite brands or things that you like to stock in your pantry. Keep a copy of it on your fridge or inside your pantry door. Simply check off anything that needs to be replaced each week, which will make it easy for you to build your grocery shopping list. Have this list handy on your computer so you can make copies of it or get fancy and laminate it to use with a dry erase marker to circle what you need to buy. My hope is that this will help you navigate the grocery store with ease and stay organized. When your pantry is stocked for success, it's so much easier to plan and cook healthful meals at home.

XO,

Vani

Food Babe Pantry List

Important Note: All products listed below are USDA Certified Organic when applicable. Some brands make similar non-organic products, and if so, choose the organic version whenever possible. Look for the USDA Organic seal on the product to verify.

Grains:

- ☐ Oat Groats
- ☐ Steel Cut Oats - *Country Choice, Bob's Red Mill, Trader Joe's*
- ☐ Rolled Oats
- ☐ Quinoa - *truRoots*
- ☐ Quinoa Flakes - *Ancient Harvest*
- ☐ Brown Rice - *truRoots, Lundberg, Lotus Foods*
- ☐ Red Rice - *Lundberg, Lotus Foods*
- ☐ Wild Rice - *Lundberg*
- ☐ Forbidden or Black Rice - *Lotus Foods*
- ☐ Basmati Rice - *Lundberg*
- ☐ Jasmine Rice - *Lundberg*
- ☐ Lentil Pasta (various kinds – elbow, rotini, penne, shells) - *Tolerant, Chickapea*
- ☐ Pad Thai Noodles - *Lotus Foods*
- ☐ Buckwheat Soba Noodles
- ☐ Whole Wheat Udon Noodles
- ☐ Whole Wheat Lo Mein Noodles
- ☐ Egg Noodles - *Bionature*
- ☐ Sprouted Grain Pasta - *Food for Life*
- ☐ Whole Wheat Lasagna Noodles - *Bionature*

Beans:

- ☐ Garbanzo Beans - *Eden*
- ☐ Kidney Beans - *Eden*
- ☐ Black Beans - *Eden*
- ☐ Cannellini Beans - *Eden*
- ☐ Green Lentils - *truRoots*
- ☐ Yellow Lentils
- ☐ Dry Garbanzo Beans
- ☐ Dry Black Beans
- ☐ Dry Pinto Beans
- ☐ Mung Beans - *truRoots*

Nuts/Seeds:

- ☐ Raw Almonds - *Food to Live*
- ☐ Raw Cashews - *NOW Foods*
- ☐ Raw Walnuts - *Beyond Nature*
- ☐ Raw Macadamia Nuts - *Food to Live*
- ☐ Raw Pistachios - *Elan*
- ☐ Raw Pecans - *Food to Live*
- ☐ Raw Brazil Nuts - *NOW Foods*
- ☐ Pine Nuts - *NOW Foods*
- ☐ Chia Seeds - *Nutiva*
- ☐ Flaxseeds - *Food to Live*
- ☐ Hempseed - *Nutiva*
- ☐ Sesame Seeds - *Food to Live*
- ☐ Sunflower Seeds - *Go Raw*
- ☐ Pumpkin Seeds - *Go Raw*
- ☐ Tahini - *Artisana*
- ☐ Almond Butter - *Artisana*

Dried Fruit:

- ☐ Goji Berries - *Navitas*
- ☐ Goldenberries - *Navitas*
- ☐ Himalayan Raisins - *Divine Foods*
- ☐ Raisins - *Made in Nature*
- ☐ Prunes - *Looney Prune*
- ☐ Cherries - *Food To Live*
- ☐ Cranberries - *Eden*
- ☐ Figs - *Made In Nature*
- ☐ Apricots - *Made In Nature*
- ☐ Mulberries - *Navitas*
- ☐ Dates - *Joolies*
- ☐ Currants - bulk section of grocery

Packaged Snacks:

- ☐ Kale Chips - *Brad's, Rhythm*
- ☐ Freeze-Dried Beets - *Natierra Nature's, Rhythm*
- ☐ Freeze-Dried Mangos - *Natierra Nature's*
- ☐ Freeze-Dried Blueberries - *Nova Scotia Organics*
- ☐ Seaweed Snacks - *SeaSnax*
- ☐ Rice Cakes - *Lundberg*
- ☐ Thin Rice Crisps - *Suzie's, Lundberg*
- ☐ Seed Crackers - *Mary's Gone Crackers*
- ☐ Whole Grain Pretzels - *Mary's Gone*
- ☐ Sprouted Whole Wheat Pretzels - *Unique*
- ☐ Spelt Pretzels - *Newman's Own*
- ☐ Black Sesame Rice Snaps - *Edward & Sons*
- ☐ Popcorn (made with olive oil) - *G.H. Cretors, Trader Joe's*
- ☐ Tortilla Chips - *Late July, Jackson's Honest*

Packaged Snacks Continued:

- ☐ Corn-Free Tortilla Chips - *Forager Chips*
- ☐ Sourdough Crackers - *Rustic Bakery*
- ☐ Snack Bars - *Raw Crunch, Purely Elizabeth*
- ☐ Dried Fruit - *Peaceful Fruit, Nature's Wild, Peeled*
- ☐ Olives - *GAEA*
- ☐ Almond Crackers - *Simple Mills*

For more snack ideas - check this post where I offer more than 100 packaged snacks better than Goldfish: <https://foodbabe.com/over-100-snacks-better-than-goldfish-for-kids/>

Drinks:

- ☐ Protein Powder - *Truvani*
- ☐ Herbal Teas (assorted) - *Numi, Yogi*
- ☐ Coffee - *Larry's Beans*
- ☐ Kombucha - *GT'S, Lenny Boy*
- ☐ Coconut Water - *Harmless Harvest*
- ☐ Almond Milk - *Malk*

Desserts/Sweets:

- ☐ Chocolate Bars - *Equal Exchange, Hu, Alter Eco*
- ☐ Ice Cream - *Coconut Bliss, Three Twins, Talenti Organic Gelato*
- ☐ Coconut Cookies - *Emmy's Organics*
- ☐ Cookie Crisps - *Go Raw*

Condiments:

- ☐ Ketchup - *Primal Kitchen*
- ☐ Mustard - *Woodstock Farms, Organicville*
- ☐ Mayo - *Primal Kitchen*
- ☐ Jam - *Crofter's*
- ☐ Hot Sauce
- ☐ BBQ Sauce
- ☐ Kimchi - *Wildbrine*
- ☐ Sauerkraut - *Wildbrine*

Baking:

- ☐ Spelt Flour - *Arrowhead Mills*
- ☐ Pastry Flour - *Arrowhead Mills*
- ☐ Oat Flour - *Arrowhead Mills*
- ☐ Almond Flour - *Anthony's*
- ☐ Coconut Flour - *Nutiva*
- ☐ Brown Rice Crisps Cereal - *365 Organic*
- ☐ Coconut Sugar - *Nutiva*
- ☐ Date Sugar
- ☐ Cacao Powder - *Navitas*
- ☐ Cacao Nibs - *Navitas*
- ☐ Chocolate Chips - *Hu, Equal Exchange*
- ☐ Marshmallows - *SmashMallow*
- ☐ Unsulphured Molasses - *Wholesome*
- ☐ Coconut Flakes - *Edward & Sons*
- ☐ Aluminum-Free Baking Powder - *Rumford, Bob's Red Mill*

Baking Continued:

- ☐ Baking Soda - *Bob's Red Mill*
- ☐ Vanilla Extract - *Simply Organic*

Pantry Staples:

- ☐ Raw Apple Cider Vinegar - *Bragg*
- ☐ Cold-Pressed Extra Virgin Olive Oil - *Nuñez De Prado*
- ☐ Hemp Seed Oil - *Nutiva*
- ☐ Virgin Coconut Oil - *Nutiva*
- ☐ Tamari - *San-J Organic*
- ☐ Ponzu Sauce - *Wan Ja Shan Organic*
- ☐ Miran
- ☐ Balsamic Vinegar - *Thrive Market*
- ☐ Rice Vinegar - *Marukan Organic*
- ☐ Raw Local Honey
- ☐ Himalayan Sea Salt
- ☐ Dried Spices (various) - *Simply Organic*
- ☐ Spaghetti Sauce - *Yellow Barn*
- ☐ Coconut Butter - *Artisana*
- ☐ Tomato Paste - *Bionaturae*
- ☐ Strained Tomatoes - *Bionaturae*
- ☐ Salsa - *Field Day Organic Salsa*
- ☐ Green Salsa
- ☐ Green Chiles
- ☐ Coconut Aminos - *Big Tree Farms*
- ☐ Grass-fed Ghee
- ☐ Coconut Milk - *Native Forest Simple Organic*
- ☐ Granola - *Purely Elizabeth*
- ☐ Whole Wheat Panko Bread Crumbs

Freezer Staples:

- ☐ Frozen Fruits (Berries, Mango, Pineapple, etc)
- ☐ Frozen Vegetables (various)
- ☐ Sprouted-Grain Bread - *Food for Life*
- ☐ Sprouted-Grain Tortillas - *Food For Life*
- ☐ Sprouted Corn Tortillas - *Food For Life*
- ☐ Sprouted-Grain English Muffins - *Food For Life*
- ☐ Sprouted-Grain Buns - *Food For Life*
- ☐ Whole Wheat Pita Bread - *Food For Life*
- ☐ Sprouted Cinnamon Raisin Bread - *Food For Life*

Fridge Staples:

- ☐ Fresh Fruit And Vegetables: Choose the rainbow!
- ☐ Coconut Yogurt - *GT's COCOYO, Harmless Harvest*
- ☐ Goat Cheese
- ☐ Goat Cheddar Cheese
- ☐ Pastured Eggs - *Vital Farms*
- ☐ Pastured Butter - *Organic Valley*
- ☐ Pasture-Raised Milk
- ☐ Pasture-Raised Sour Cream - *Organic Valley*
- ☐ Pickles - *Woodstock*
- ☐ Olives (various) - *Mediterranean Organic*
- ☐ Maple Syrup - *Coombs Family Farms*
- ☐ Pastured Organic Chicken
- ☐ Pastured Organic Ground Turkey
- ☐ Wild Fish