

Stocking the Real Food Pantry, Fridge, and Freezer

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Pantry Staples

Baking Supplies

- Aluminum-Free baking powder
- Baking soda
- Cocoa powder (unsweetened)
- Coconut sugar
- Raw honey
- Real Salt
- Sucanat
- Unbleached white flour
- White whole wheat flour
- _____
- _____
- _____

Canned Goods

- Canned wild salmon
- Coconut milk
- Sardines
- Tomatoes
- Tuna
- _____
- _____
- _____

Other Dry Goods

- Apple cider vinegar
- Balsamic vinegar
- Coconut oil
- Cornmeal
- Dried beans
- Extra virgin olive oil
- Grits
- Lentils
- Oats
- Panko bread crumbs
- Pasta (A few different varieties)
- Rice
- Rice vinegar
- Unflavored gelatin
- White vinegar
- _____
- _____
- _____

Snacks

- Almonds

- Natural peanut butter
- Peanuts
- Popcorn kernels
- Tortillas
- _____
- _____
- _____

Spices and Herbs

- Almond extract
- Basil
- Black peppercorns
- Chipotle chili powder
- Cinnamon
- Dried mustard
- Garlic powder
- Ginger
- Nutmeg
- Oregano
- Sesame seeds
- Smoked paprika
- Vanilla extract
- _____
- _____
- _____

Refrigerator Staples

Animal Products

- Butter
- Cheese
- Cream
- Eggs
- Milk (raw, if you can get it)
- Nitrate-free bacon or sausage
- Nitrate-free lunch meat
- Yogurt
- _____
- _____
- _____

Condiments

- Homemade jam
- Dijon mustard
- Ketchup
- Maple syrup
- Mayo
- Salsa

- Sesame oil
- Soy sauce
- Sriracha
- White wine
- _____
- _____
- _____

Freezer Staples

- Applesauce (homemade)
- Berries
- Chicken stock
- Corn
- Dough (for pizza or pastries)
- Grass-fed beef
- Peas
- Pumpkin puree
- Scrap bag (vegetable peelings and bones for making more stock)
- Shrimp
- Tilapia
- Whole chicken
- Wild salmon
- Yeast
- _____
- _____
- _____

Produce Staples

- Avocados
- Bananas
- Carrots
- Garlic
- Grapefruit
- Green onions
- Lemons
- Limes
- Oranges
- Potatoes (regular and sweet)
- Red onions
- Salad greens
- Squash (seasonal)
- Tomatoes
- _____
- _____
- _____