

# The Stocked Kitchen

## Canned Goods

- Coconut milk (full fat)
- Diced tomatoes
- Beans
- Pumpkin puree
- Tomato sauce
- Tuna

## Condiements & Sauces

- Apple cider vinegar
- Balsamic vinegar
- Dijon mustard
- Rice vinegar
- Salsa
- Sundried tomatoes
- Soy sauce, tamari or coconut aminos

## Dry Goods

- Almond flour
- Beans (all varieties)
- Coconut flour
- Whole grain or plan-basedt pasta
- Whole wheat flour
- Oats
- Lentils
- Rice (brown, white and wild)
- Quinoa

## Freezer

- Berries
- Broccoli florets
- Chicken breast and thighs
- Edamame
- Ground beef and flank steak
- Ground turkey
- Green beans
- Wild salmon

## Nuts & Seeds

- Almonds
- Chia seeds
- Nut butter (your choice)
- Pumpkin seeds
- Pecans
- Pistachios
- Tahini
- Walnuts

## Oils

- Avocado oil
- Coconut oil
- Extra virgin olive oil
- Sesame oil

## Spices & Seasonings

- Basil
- Black pepper
- Cilantro
- Chili powder
- Cacao powder
- Cinnamon
- Cumin
- Dill
- Garlic
- Ginger, minced
- Onion powder
- Oregano
- Parsley
- Rosemary
- Sea salt
- Turmeric
- Vanilla

## Sweeteners

- Apple sauce
- Raw Honey
- 100% Maple Syrup
- Raw Cane Sugar