Essentials in My Kitchen:

To be well stocked in the kitchen allows you to always have quick go to meals and snacks on hand and avoid take-out or processed junk food that you will find lurking everywhere you go. The following items are things that I always have on hand and replace monthly as needed. They are the ingredients I find essential to making “Whole” foods.

**In the pantry:**

Grains and Legumes:

-Dry beans:

 -black beans

 -pinto beans

 -kidney beans

 -white beans

-canned beans with no added sugar to use in place of dry beans

-dry lentils

-brown rice

-quinoa

-whole wheat pasta in a variety of shapes

-plain oatmeal (I use both quick oats and old-fashion oats)

-peanuts

-poporn kernels

-triscuits (if buying generic, look carefully at ingredients)

-wheat germ

-ground flax seeds (stored in fridge)

-chia seed (this is a bonus ingredient to add to smoothies, oatmeal, etc—crazy super food!!)

Canned/Jarred Products:

-canned tomato products—tomato puree, diced tomatoes, paste, sauce

-evaporated milk

-coconut milk (light is fine)

-all natural salsa

-chipoltes in adobe

-natural peanut butter

-all fruit spreads

-canned fruit in 100% juice (I especially love pineapple for the fruit and juice to use in smoothies)

-low sodium chicken broth, beef broth, and vegetable broth

Oils/Vinegars

-olive oil

-canola oil

-coconut oil

-white, balsamic, rice, red wine, and apple cider vinegar

Baking Essentials

-honey, maple syrup, brown sugar, sugar

-cocoa powder

-cornstarch

-baking powder

-baking soda

-whole wheat flour

-unbleached white whole wheat flour

Miscellaneous:

-nuts: almonds, peanuts, walnuts, cashews, etc (either dry roasted or raw)

-dried mushrooms

-red and white wine

-beer

-tortilla chips

Spices:

-Cinnamon

-Fresh Nutmeg

-Cloves

-Ginger

-chili powder

-cumin

-paprika

-onion powder

-garlic powder

-parsley flakes

-basil

-oregano

-Italian seasoning

-red pepper flakes

-black pepper

-kosher salt

-dry mustard

-dill

-dried onion flakes

-vanilla extract (pure)

-almond extract

**In the Refrigerator**:

-cheese: blocks of parmesan, sharp cheddar, mozzarella

-Plain Greek yogurt or Plain yogurt

-low fat all natural cottage cheese (Daisy brand is my favorite)

-all natural sour cream (Daisy is my favorite sour cream as well)

-milk (I use whole milk and 2% in my family and Silk unsweetened almond milk—found in the refrigerated section)

-yeast

-butter

-mustards: Dijon, spicy brown

-all natural Ketchup (no high fructose corn syrup)

-Worchestire sacue

-Low sodium soy sauce

-eggs

**Produce**:

 I always buy what is in season or on sale for the week and plan my meals accordingly. However, I usually always have the following on hand:

-bananas

-garlic

-onions

-sweet potatoes

-white potatoes

-lemons

-limes

-carrots

**Freezer**:

I use my freezer to store leftovers and pre-prepped meals, snacks, etc. However, these things I always try to keep on hand to whip up meals/snacks.

-over-ripe peeled bananas

-grass fed beef

-all natural pork loin and ground pork

-chicken breast (boneless skinless, and bone in, skin-on)

-nitrate-free bacon

-nitrate-free hot dogs

-shelled edamame

-broccoli florets

-corn

-peas

-spinach

-kale

-green beans

-orange juice concentrate

-knob of fresh ginger, peeled—grate right from freezer

-fresh thyme for stews, stocks, etc