



# Eat Like Us

## Pantry List

This is a list of the items that we keep on hand to make cooking a lot easier. A well-stocked pantry is key to never being able to say, “there is nothing to eat.” The items with an asterisk (\*) are some of the items that I (Paul) like to use but are not absolutely necessary. I encourage everyone to experiment outside of their comfort zone to learn how to use some new ingredients. [Thrive Market](#) and [Nuts.com](#) are online stores that are good for finding those hard-to-find, healthy items. Some of these items are a little expensive but remember – they are much cheaper than eating out or taking prescription medications!

### Sweeteners

- Manuka Honey or local Honey
- Maple Syrup
- Natural Sugar
- Vanilla: real, not cheap extract
- Jams + Preserves: real fruit, no sugar added

### Oils

- Olive oil: Extra Virgin for cooking
- Olive oil: Extra Virgin for finishing dishes, not cooking
- Coconut oil: cold pressed organic
- \*Grape seed: if you like to fry a lot
- Grass Fed Butter
- Sesame oil for finishing dishes only

### Vinegars

- Apple Cider Vinegar: unfiltered, we use Braggs or Newman’s own
- Balsamic Vinegar
- Rice Wine Vinegar
- \*Mirin: similar to rice wine vinegar but made for cooking only

### Condiments

- Ketchup: organic, no corn syrup
- Mustard: Dijon
- Mayonnaise
- Tamari
- Worcestershire
- Fish Sauce
- Horseradish
- Hot Sauce
- \*Bonita Flakes
- \*Chili pepper sauce
- \*Hoisin Sauce: hard to find one that is not loaded with additives

### Nuts + Seeds

- Almonds: toasted and blanched
- Sesame seeds
- Walnuts
- Pistachios
- Pecans
- Flax seed
- Chia Seeds
- Almond Butter
- Tahini: for hummus
- Nigella Seeds

## Jarred + Canned

(jarred is better)

- Artichoke Hearts
- Sun Dried Tomatoes
- Kalamata Olives
- Capers
- Roasted Red Peppers
- Tomato Crushed
- Tomato Paste
- Marinara Sauce
- Canned Beans: Chick Peas, Black Beans, Cannellini
- Clams
- Sardines
- Salmon
- Beef and Chicken stock

## Dried Items: Beans + Lentils + Grains

- Lentils: yellow or any color. mix it up!
- Rice: Brown and/or White. Try to buy from California or India
- Quinoa
- Farro
- Buchwheat Groats
- Buckwheat Noodles: 100% if you want gluten free
- Rice noodles
- Oats: gluten Free
- Bread Crumbs: gluten Free
- Corn Meal
- Gluten Free Flour
- Mushrooms: Shitake or Maitake or any other variety. They're cheaper at an Asian store and contain Vitamin D!
- Kombu – Seaweed

## Ferments

- Sauerkraut: Lacto Fermented, Bubbies is a good brand
- Pickles: Lacto Fermented, Bubbies is a good brand
- Yogurt: grass fed, no added sugar
- Tofu: firm
- Parmesan
- Feta: made from sheep's milk, should come in a container with brine.
- Miso: Yellow or white

## Frozen Vegetables + Fruits

- Corn
- Baby Peas
- Butternut squash
- Spinach
- Mixed Greens or Collards
- Berries
- \*Red Bell Peppers
- \*Carrots
- \*Broccoli
- \*Cauliflower

## Frozen Meats

- Chicken Breast- organic/ Free range
- Salmon- Pink, Sockeye, King, Coho
- Ground Beef- Grass Fed

## Misc. Frozen Items

- Frozen Waffles: Gluten free
- Veg burgers
- Cauliflower Pizza
- Frozen Bread: Ezekiel bread or a gluten free if needed

## Fresh

(with a long shelf life)

- Ginger
- Garlic
- Onions
- Lemons
- Eggs
- Potatoes: Red, Yellow, Russet or Purple, the more colors the better!
- Poultry Season Herbs Mix: Fresh Thyme, Rosemary and Sage
- Tortillas

## Spices

We offer a large number of spice blends but if you keep these individual ones on hand you can get by with most of our recipes.

- Salt
- Pepper
- Bay Leaf
- Celery salt
- Garlic powder
- Turmeric
- Cumin
- Thyme
- Crushed Red pepper
- Cinnamon
- Rosemary

## Snacks: Amy's Choices

- Blue corn tortilla
- Gluten free chicken nuggets
- Salsa
- Gluten free waffles with almond butter
- Precut veggies with hummus
- Precut fruit
- ANY fresh fruit
- Pistachios in the shell
- Avocado