

The Biblical Nutritionist

Pantry Supplies

Before you begin, take an inventory of what's in your pantry, fridge and freezer. Remove any items that are processed or out of date to make room for 'good' foods. Use this list as a guide to stock your pantry. Put a checkmark next to items already stocked. Next, add the other items to your grocery shopping list for the next couple of weeks until the pantry is stocked!

PANTRY ITEMS

- TOMATOES: DICED, ROASTED, PASTE, SAUCE
- VEGETABLE STOCK OR BROTH (ORGANIC)
- SALMON: CANNED, WILD CAUGHT
- TUNA
- SALSA: ORGANIC
- COCONUT MILK: CANNED
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NUTS, NUT BUTTER & SEEDS

- PECANS
- ALMONDS
- PINE NUTS
- WALNUTS
- PEANUT BUTTER
- SUNFLOWER BUTTER
- ALMOD BUTTER
- CASHEW BUTTER
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BEVERAGES

- COFFEE, MATCHA, HERBAL TEA
- COLLAGEN: PROTEIN POWDER
- PROTEIN POWDER: PLANT BASED
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SEEDS

- FLAX, CHIA, HEMP, PUMPKIN
- SESAME
- TAHINI
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LONGER LASTING PRODUCE

- SWEET POTATOES
- BUTTERNUT SQUASH
- POTATOES
- SPAGHETTI SQUASH
- ONIONS
- CARROTS
- BEETS
- CITRUS
- APPLE (LOOK FOR HEIRLOOM)
- FERMENTED VEGGIES OR SAUERKRAUT
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DRIED FRUITS

- CURRANTS
- RAISINS
- CRANBERRIES
- COCONUT FLAKES (UNSWEETENED)
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COOKING OILS

- AVOCADO OIL (SPRAY)
- AVOCADO OIL
- COCONUT OIL
- EXTRA VIRGIN OLIVE OIL
- GHEE

HERBS & SPICES

BAY LEAVES

CAYENNE PEPPER

CHILI POWDER

CRUSHED RED PEPPER FLAKES

FROZEN

BERRIES

BANANAS

CAULIFLOWER RICE

FLOUR (FRESH MILLED)

BREAD (STAYS FRESH LONGER)

SALMON

BAKING

MAPLE SYRUP

MOLASSES (BLACK STRAP)

HONEY (LOCAL IS BEST)

COCONUT SUGAR

DATES

COCAO POWDER (ORGANIC)

CHOCOLATE CHIPS

VANILLA EXTRACT (NATURAL)

ALMOND EXTRACT

ALMOND FLOUR

COCONUT FLOUR

TAPIOCA FLOUR

BAKING POWDER (ALUMINUM FREE)

BAKING SODA

CINNAMON

NUTMEG

SNACKS

CRACKERS (ORGANIC)

TORTILLA CHIPS

VEGGIE CHIPS

GRANOLA

POPCORN

OTHER

LONG TERM STORAGE

CONDIMENTS

KETCHUP

MAYO

MUSTARD

BROTH: VEGGIE, MEAT, BONE

DRIED FOODS

CANNED MEAT

BEANS: DRIED / CANNED

NOTES

