



ESSENTIAL PANTRY SUPPLIES

STOCK UP YOUR PANTRY

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THE BIBLICAL NUTRITIONIST

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 Remove any items that are processed or out of date to make room for 'good' foods.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
- ALMOND 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





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