

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 Remove any items that are processed or out of date to make room for 'good' foods.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

| PANTRYTTEMS | NUTS, NUT BUTTER & SEEDS |
|--|------------------------------|
| TOMATOES: DICED, ROASTED, PASTE, SAUCE | PECANS |
| VEGETABLE STOCK OR BROTH (ORGANIC) | ALMONDS |
| SALMON: CANNED, WILD CAUGHT | PINE NUTS |
| TUNA | WALNUTS |
| SALSA: ORGANIC | PEANUT BUTTER |
| COCONUT MILK: CANNED | SUNFLOWER BUTTER |
| | ALMOD BUTTER |
| | CASHEW BUTTER |
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| | |
| BEVERAGES | |
| _ COFFEE, MATCHA, HERBAL TEA | SEEDS |
| COLLAGEN: PROTEIN POWDER | FLAX, CHIA, HEMP, PUMPKIN |
| PROTEIN POWDER: PLANT BASED | SESAME |
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| LONGER LASTING PRODUCE | DRIED FRUITS |
| SWEET POTATOES | CURRANTS |
| _ BUTTERNUT SQUASH | RAISINS |
| POTATOES | CRANBERRIES |
| SPAGHETTI SQUASH | COCONUT FLAKES (UNSWEETENED) |
| ONIONS | |
| CARROTS | |
| BEETS | |
| - CITRUS | |
| APPLE (LOOK FOR HEIRLOOM) | COOKING OILS |
| FERMENTED VEGGIES OR SAUERKRAUT | AVOCADO OIL (SPRAY) |
| <u> </u> | AVOCADO OIL (SI KAT) |
| _ | COCONUT OIL |
| _ | EXTRA VIRGIN OLIVE OIL |
| | GHEE |
| | . 4: 11 1 |



| 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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