



ESSENTIAL PANTRY SUPPLIES

STOCK UP YOUR PANTRY

BY ANNETTE REEDER

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 Remove any items that are processed or out of date to make room for ‘good’ foods.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		NUTS, NUT BUTTER & SEEDS	
<input type="checkbox"/>	TOMATOES: DICED, ROASTED, PASTE, SAUCE	<input type="checkbox"/>	PECANS
<input type="checkbox"/>	VEGETABLE STOCK OR BROTH (ORGANIC)	<input type="checkbox"/>	ALMONDS
<input type="checkbox"/>	SALMON: CANNED, WILD CAUGHT	<input type="checkbox"/>	PINE NUTS
<input type="checkbox"/>	TUNA	<input type="checkbox"/>	WALNUTS
<input type="checkbox"/>	SALSA: ORGANIC	<input type="checkbox"/>	PEANUT BUTTER
<input type="checkbox"/>	COCONUT MILK: CANNED	<input type="checkbox"/>	SUNFLOWER BUTTER
<input type="checkbox"/>		<input type="checkbox"/>	ALMOD BUTTER
<input type="checkbox"/>		<input type="checkbox"/>	CASHEW BUTTER
<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>	
BEVERAGES		SEEDS	
<input type="checkbox"/>	COFFEE, MATCHA, HERBAL TEA	<input type="checkbox"/>	FLAX, CHIA, HEMP, PUMPKIN
<input type="checkbox"/>	COLLAGEN: PROTEIN POWDER	<input type="checkbox"/>	SESAME
<input type="checkbox"/>	PROTEIN POWDER: PLANT BASED	<input type="checkbox"/>	TAHINI
<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>	
LONGER LASTING PRODUCE		DRIED FRUITS	
<input type="checkbox"/>	SWEET POTATOES	<input type="checkbox"/>	CURRANTS
<input type="checkbox"/>	BUTTERNUT SQUASH	<input type="checkbox"/>	RAISINS
<input type="checkbox"/>	POTATOES	<input type="checkbox"/>	CRANBERRIES
<input type="checkbox"/>	SPAGHETTI SQUASH	<input type="checkbox"/>	COCONUT FLAKES (UNSWEETENED)
<input type="checkbox"/>	ONIONS	<input type="checkbox"/>	
<input type="checkbox"/>	CARROTS	<input type="checkbox"/>	
<input type="checkbox"/>	BEETS	<input type="checkbox"/>	
<input type="checkbox"/>	CITRUS	<input type="checkbox"/>	
<input type="checkbox"/>	APPLE (LOOK FOR HEIRLOOM)	<input type="checkbox"/>	COOKING OILS
<input type="checkbox"/>	FERMENTED VEGGIES OR SAUERKRAUT	<input type="checkbox"/>	AVOCADO OIL (SPRAY)
<input type="checkbox"/>		<input type="checkbox"/>	AVOCADO OIL
<input type="checkbox"/>		<input type="checkbox"/>	COCONUT OIL
<input type="checkbox"/>		<input type="checkbox"/>	EXTRA VIRGIN OLIVE OIL
<input type="checkbox"/>		<input type="checkbox"/>	GHEE





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