

# Real Food *Capsules* Pantry



## PRODUCE:

- Lettuce or baby salad greens
- Baby spinach or kale
- Carrots
- Celery
- Onions
- Garlic
- Cilantro
- Lemons
- Potatoes: sweet potatoes and/or white potatoes
- Bananas
- Seasonal fruit
- Seasonal veggies
- Apples
- Bell peppers
- Cucumbers
- Avocados
- Tomatoes

## DRY FOODS:

- Long grain white rice
- Quinoa or superseed mix
- Mayonnaise
- Old-fashioned Rolled Oats
- Almond butter and/or Peanut butter
- Lentils
- Dry black beans (to make in the Instant Pot)
- Dry pinto beans (to make in the Instant Pot)

- Canned cannellini beans
- Noodles: spaghetti and macaroni
- Extra virgin olive oil
- Coffee (we get a coffee subscription through Heart Roasters and Drift Away)
- Ketchup
- Mustard
- Tahini (for making dips and salad dressing)
- Salsa
- Apple cider vinegar
- Virgin coconut oil
- Baking soda
- Baking powder
- Dried fruit: apricots, mangoes, dried cherries
- Cacao nibs
- Chocolate chips
- Cacao powder (or cocoa powder)
- Shredded coconut
- Brown sugar (special treats)
- Cane sugar (special treats)
- Honey and/or maple syrup
- Breadcrumbs: regular and panko
- Tuna
- Tomato paste
- Diced tomatoes
- Olives
- Canned coconut milk
- Diced green chilis

- Crackers (Simple Mills, Annie's)
- Plantain chips
- Jam
- Tomato sauce
- Soy sauce (or tamari, or coconut aminos)
- Barbecue sauce
- All-purpose einkorn flour\*
- Oat flour\*
- Spelt flour\*
- Almond flour\*
- Arrowroot starch/flour\*
- Masa harina\* (used to make corn tortillas)
- Pumpkin seeds\*
- Sunflower seeds\*
- Almonds\*
- Cashews\*
- Flax seeds\*
- Hemp seeds\*
- Popcorn kernels\*

#### SPICES AND SEASONINGS:

- Turmeric
- Oregano
- Cumin
- Chili powder
- Thyme
- Bay leaves
- Paprika
- Garlic powder
- Basil
- Parsley
- Cinnamon
- Nutmeg

- Ginger
- Red pepper flakes
- Vanilla extract
- Salt
- Black pepper

#### FRIDGE/FREEZER:

- Milk (Whole milk, almond milk)
- Whole milk plain yogurt
- Full-fat sour cream
- Whole Chicken
- Chicken breasts
- Chicken thighs
- Ground beef
- Butter
- Eggs
- Salmon
- Block of cheddar cheese
- Block of mozzarella cheese
- Parmesan cheese
- Flour tortillas
- Sourdough bread
- Frozen fruit: strawberries, blueberries, raspberries, and mango (add to yogurt, top on oats, use in smoothies)
- Frozen veggies: broccoli, peas, mixed veggies
- Chicken or vegetable broth/stock (homemade stored in the fridge or freeze or a box)