

The Basic Pantry

Fats and Oils

Essential: grassfed butter, extra-virgin olive oil, avocado oil, sesame oil
Optional: ghee, coconut oil



Vinegars

Essential: apple-cider vinegar, balsamic vinegar, rice vinegar
Optional: red-wine vinegar and white-wine vinegar



Add-ins and Condiments

Essential: Dijon mustard, tamari or soy sauce, mayonnaise, tomato paste
Optional: sriracha, red and green curry paste, white miso paste, fish sauce, coconut aminos



Sweeteners

Essential: honey, maple syrup, sucanat
Optional: coconut sugar, brown-rice syrup



Seasonings

Essential: kosher or sea salt, black pepper, oregano, thyme, turmeric, chili powder, cayenne, cinnamon, cumin, fresh parsley, fresh basil
Optional: fresh cilantro, red-pepper flakes, rosemary, sage, paprika, dill



Proteins

Essential: eggs, grassfed ground beef, tempeh or extra-firm tofu, chicken, nitrate-free bacon, shrimp
Optional: fresh or canned wild salmon or tuna; fresh, dried, or canned beans or lentils; hummus



Grains

Essential: white and brown rice, rolled oats, quinoa
Optional: pasta, gluten-free pasta, or brown-rice noodles



Nuts and Seeds

Essential: nut butter or tahini, almonds, walnuts, pecans
Optional: pumpkinseeds, cashews, sesame seeds, flaxseeds, chia seeds



Dairy and Dairy Alternatives

Essential: whole-fat Greek or nondairy yogurt, coconut milk, chèvre
Optional: almond milk, whipping cream, cheddar, Parmesan



Aromatics

Essential: scallions, fresh ginger, garlic, red or yellow onions, carrots
Optional: celery, white onions, leeks



Vegetables

Essential: broccoli, cherry tomatoes, cabbage, snow peas, cauliflower, tomatoes, kale, mushrooms, asparagus, jalapeño peppers, bell peppers
Optional: lettuce, fresh or frozen spinach, arugula, squashes, potatoes, sweet potatoes, cucumbers



Fruits

Essential: lemons, limes, avocados
Optional: bananas, fresh or frozen berries



Others

Essential: chicken broth, beef broth, vegetable broth
Optional: wine for cooking

