

# Creating your Home Health Haven

## STOCKING UP

### PANTRY

#### **Nuts/seeds/butters:**

Almonds/almond butter  
Brazil nuts  
Cashews  
Chia seeds  
Flaxseeds  
Pecans  
Pumpkin seeds  
Sesame seeds/butter  
Sunflower seeds/butter  
Walnuts

#### **Legumes and grains:**

Beans (variety)  
Chickpeas  
Lentils  
Oats (GF rolled, steel-cut)  
Rice (brown, wild)  
Super grains  
Quinoa

#### **Jar/canned foods:**

Artichoke Hearts  
Beans (variety)  
Chickpeas  
Olives  
Tomatoes (crushed, diced, sun dried)  
Unsweetened coconut milk  
Unsweetened coconut cream

#### **Broths:**

Organic vegetable broth  
Bone Broth (chicken, beef)

#### **Oil/fats**

Avocado oil  
Coconut oil, unrefined  
Extra virgin olive oil (dark glass bottle)  
Ghee (clarified butter)  
Sesame oil

#### **Fresh spices - including but not limited to:**

All purpose seasoning  
Garlic powder  
Ground coriander powder  
Ground cumin powder  
Ground pepper  
Himalayan pink salt  
Turmeric

#### **Condiments**

Balsamic vinegar  
Bragg's Apple Cider Vinegar  
Bragg's Liquid Aminos  
Coconut Aminos  
Raw honey  
Rice vinegar  
Tahini

#### **Flours/baking/sweeteners**

Almond flour  
Coconut flour  
Psyllium husk  
Aluminum free baking powder  
Coconut sugar  
Monk fruit sugar\*\*\*\*  
Stevia

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## Refrigerator

**Organic fresh vegetables and fruits** as per recipes or your liking

**Fresh herbs and spices:**

Basil  
Cilantro  
Garlic Bulb  
Ginger root  
Oregano  
Parsley  
Thyme  
Turmeric root

**Animal proteins**

Wild caught smoked salmon  
Wild caught fish: salmon, Mahi Mahi, cod, halibut  
Organic, free-range chicken  
Organic, free-range beef

**Dairy:**

Plain yogurt- cow, coconut, almond\*\*  
Milk-cow, coconut, almond  
Kefir  
Feta and goat cheese  
Organic butter

## Freezer

Organic fruits and vegetables  
Frozen wild fish  
Frozen organic meats

## Counter top

Avocados  
Bananas

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## Tips

- If you have room, store nuts, seeds, nut butters and flours in the refrigerator where they will keep longer and stay fresher
- Use vegetable bags to help keep vegetables fresh and make herbs last longer
- Buy BPA free canned foods
- Soy is one of the biggest GMO crops in the US. If you consume soy as a source of protein, be sure to buy non-GMO products
- If you are vegan or have an intolerance to dairy, unsweetened almond or coconut yogurts and milks are good alternatives. When purchasing yogurt, it is best to get unsweetened yogurt with some fat. Do not buy fat-free yogurts.
- Frozen vegetables are healthier than canned. You can also freeze your fresh greens and use them for soups and smoothies.

## My Favorites

- If you don't want to make home made bone broths, my favorite bone broth is the Fire and Kettle brand. It is flavorful and is a good source of protein and collagen. It is best to get the beef flavors as beef broth has more of the bone building collagens that we need than chicken broth.
- Monk fruit sweetener by Lakanto is my favorite sweetener. It tastes just like sugar but is made from Monk fruit and erythritol. It contains zero net carbs, no calories, is keto approved and can be used as a 1:1 sugar replacement.
- GreenBags are reusable BPA free food storage bags that I have found help to keep vegetables and fruits fresher for longer.



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