

## stocking THE pantry

### HERBS & SPICES

- Ancho Chili Powder
- Basil (fresh)
- Black Pepper
- Brewer's Yeast
- Cayenne
- Chili Powder
- Chipotle Powder
- Chives (fresh)
- Cilantro (fresh but best to keep on hand weekly)
- Cinnamon
- Coriander
- Cumin
- Fennel Seeds (ground)
- Garlic (fresh)
- Ginger (fresh)
- Granulated Garlic
- Nutmeg
- Onion Powder
- Oregano
- Paprika
- Pumpkin Pie Spice
- Pure Vanilla Extract
- Red Chili Flakes
- Rosemary
- Saffron
- Sage (ground)
- Sage leaves (fresh)
- Sea Salt
- Smoked Paprika
- Turmeric
- Unsweetened Cocoa Powder

### FATS & OILS

- Bacon Fat
- Coconut Oil
- Duck Fat
- Macadamia Nut Oil
- Olive Oil
- Unsalted Butter

### CANNED & JARRED

- Capers
- Coconut Milk
- Dijon Mustard (gluten-free)
- Kalamata Olives
- Pumpkin
- Tomato Paste
- Tomatoes (diced)

### NUTS & SEEDS

- Almond Butter (no sugar added)
- Almond Meal/Flour
- Almonds (whole)
- Almonds (slivered/sliced)
- Coconut Flour
- Macadamia Nuts
- Pepitas (Pumpkin Seeds)
- Sesame Seeds
- Walnuts

### SAUCES & OTHER...

- Apple Cider Vinegar
- Baking Soda
- Balsamic Vinegar
- Coconut Aminos
- Fish Sauce
- Hot Sauce
- Raw Tahini (ground sesame paste)
- Rice Wine Vinegar
- Tossamae's Wing sauce